

Support Us

The Seventh Tradition of recovery suggests that after your home group covers its own meeting expenses and has established a prudent reserve for emergencies, the group treasurer routinely distribute any excess revenue to help support area, region and world service bodies.

OA World Service specifies a 60-30-10 formula for distributing excess monies to support OA:

- **60% to the Intergroup**
Greater Pittsburgh Intergroup
PO Box 5459
Pittsburgh, PA 15206
ATTN Treasurer
- **30% to World Service**
World Service Office
PO Box 44020
Rio Rancho, NM 87174-4020
- **10% to the Region**
Region 7, Inc.
3500 South DuPont Highway
Dover, DE 19901-6011

Treasurers, Please Note!

Group treasurers usually mail contributions to GPI, Region 7 and World Service *quarterly* (e.g. in March, June, September, and December).

Please fill out and send the appropriate contribution form with your check to each service body. All of the contribution forms are on the web at <http://www.gpioa.org/GPIservice.htm#donations>

Be sure to write your home group's name and OA group number on every contribution check.

Thank you!

Contact GPI

We are Your Trusted Servants

EXECUTIVE BOARD

Chairperson chair@gpioa.org
Vice Chairperson vice_chair@gpioa.org
Treasurer
Coordinates Finance Committee treasurer@gpioa.org
Recording Secretary rec_secretary@gpioa.org

COMMITTEE CHAIRS

Archives archives@gpioa.org
Corresponding Secretary
Coordinates Hotline Volunteers corr_secretary@gpioa.org
Marathon marathon@gpioa.org
Professional Outreach pro_outreach@gpioa.org
Public Information public_info@gpioa.org
Speakers Bureau speakers@gpioa.org
12th Step Within 12within@gpioa.org
VOR Newsletter vor_editor@gpioa.org

REPRESENTATIVES/DELEGATES

Region 7 Reps region7reps@gpioa.org
Region 7 Alternates region7reps@gpioa.org
WSO Delegates wso_delegates@gpioa.org
WSO Alternates wso_delegates@gpioa.org

PAID CONTRACTOR

Webmaster
Maintains GPI website, meeting list, email list; coordinates Technical Committee
webmaster@gpioa.org



GPI (full acronym GPIOA) is the Greater Pittsburgh Intergroup of Overeaters Anonymous.

We are a voluntary service board of local OA members who work to support Pittsburgh-area groups and to bring the message of recovery to all those who suffer from compulsive eating.

GPI coordinates access to and assists activities for local OA groups within a 90-mile radius of Pittsburgh, excluding Lawrence and Mercer counties.

GPI is directly responsible to the groups we serve.

OA's grassroots intergroup, region and world service structure has evolved from recognition that a service body representing many groups can coordinate local efforts more efficiently than can individual groups working alone.

December 2011

What Does GPI Do?

GPI coordinates central services for more than 50 local OA groups.

1. Maintains a comprehensive OA website for the Greater Pittsburgh area, www.gpioa.org.
2. Publishes a list of 50+ OA meetings within 90 miles of Pittsburgh, maintained online.
3. Informs members by email about GPIOA business and events. To join this list, please send an email to webmaster@gpioa.org.
4. Coordinates OA listings in area phone books.
5. Manages central OA answering service & hotline: **412-765-3004**.
6. Maintains a mailing address and responds to written inquiries about OA:
Greater Pittsburgh Intergroup
PO Box 5459
Pittsburgh, PA 15206
7. Distributes meeting lists, newsletters and activity information to local groups quarterly; sends updates by email as needed.
8. Represents Pittsburgh-area OA groups at Region 7 assemblies (2 per year) and the World Service Business Conference (yearly).

GPI Meetings

You are welcome to attend GPI meetings.

We meet at the Hillman Cancer Center, usually from 2 to 4 pm on the first Sunday of the month. Call or check the GPI website before dropping by to confirm the date and time.

Hillman Cancer Center
5150 Centre Avenue
Pittsburgh, PA 15232

Committees & Volunteers

GPI is able to do what it does because members are willing to contribute time and energy to keep OA strong in western PA and northern WVA.

1. **Archives**
Keeps GPI records organized and available as needed (in an East End storage facility).
2. **Finance Committee**
Oversees GPI income, approves spending and excess funds distribution.
3. **Marathon Committee**
Organizes retreats, workshops, and other OA member events throughout the year.
4. **Professional Outreach Committee**
Informs local healthcare and other professionals about OA.
5. **Public Information Committee**
Informs the general public about OA.
6. **Speakers Bureau Committee**
Builds a list of qualified OA speakers for local meetings or GPI activities.
7. **12th Step Within Committee**
Helps members *within OA* who are struggling to get or stay abstinent.
8. **Voice of Recovery Newsletter Committee**
Publishes GPI-area OA newsletter.
9. **Hotline Volunteers**
Members “on call” to talk informally (by phone) with non-members who want to speak with someone about OA.
10. **Technical Committee**
Volunteers who to assist webmaster as needed to test or proofread the website, www.gpioa.org.

Join Us

Members with long term recovery often say that service is a key to their success. GPI has opportunities at every level of service to strengthen your commitment to program *and* strengthen OA in our area.

1. Volunteer to be your home group’s representative at intergroup meetings.

Every group is strongly encouraged to send a rep to GPIOA to help make decisions on matters affecting OA in the Greater Pittsburgh area and to bring information, flyers, and newsletters back to the home meeting.

2. Volunteer to serve on a GPI committee or participate in a work group.

All service opportunities are listed at <http://www.gpioa.org/GPIservice.htm>

FAQ

Do I have to be abstinent to serve?

Abstinence requirements for committee service vary by committee and position. Some groups have no abstinence requirements.

Do I have to attend GPI to serve?

No. Just be willing to commit some time, as needed, to help the committee or work group.

The GPI executive board, committee chairs, Region 7 representatives, and World Service delegates must meet specified requirements for both abstinence and cumulative intergroup service—in GPI or another OA area intergroup.