

The slide features a solid orange background. A large white circle is centered on the page. On the left side of the white circle, a dashed yellow line forms a partial arc. At the bottom right edge of the white circle, there is a small, solid blue circle. The text is centered within the white circle.

GPI Meeting

November 12, 2023

Focus Group: GPI Meeting Experience

- Streamline agenda to one page
 - Streamline minutes to decisions made, actions to take
 - Ask attendees to review minutes in advance vs taking meeting time
 - Streamline reports to “need to know” items
 - Change approach to WSO, PnP edits so it’s not so deadening
 - Send a highlights email after the meeting
- 

GPI Mentoree Form



Welcome to Greater Pittsburgh Intergroup!

To help you understand your role as an intergroup representative and have a positive experience while doing so we'd like to ask you a few questions so that we can know best how to support you in this service position.

Let's begin by getting your first name and last initial *

Short answer text

And a good phone number for you *

Short answer text

And your email address *

Short answer text

What meeting are you representing? Please provide the day of the week, meeting time and meeting location.

Short answer text

Have you had a chance to read the two documents on the GPI website that describe how GPI * operates? [What is GPI?](#) and [Welcome to Intergroup!](#)

- Yes
 No

Would you be interested in staying after the meeting (either this meeting or a future meeting) * for a brief orientation and Q&A session?

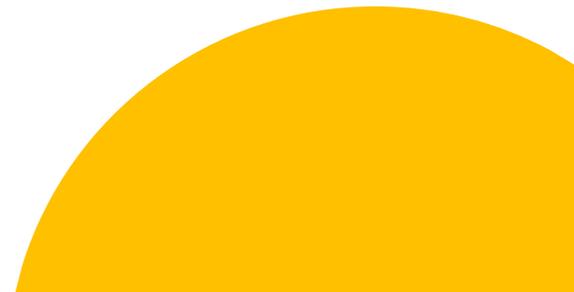
- Yes
 No
 Maybe

Would you be interested in being assigned a mentor that you could talk to about GPI?

- Yes
 No
 Maybe

Focus Group: GPI Mentor Program

- Basic Info: purpose, geography, overall OA organization, personnel
- GPI services: carrying the message, website, meeting list, news, events, building membership, connecting to Region 7 and WSO
- GPI meetings: business meeting, meeting materials, IR role in meetings
- IR responsibilities: represent meetings at GPI, bring GPI info back to meetings, encourage members to volunteer for service
- GPI challenges: organization in transition, shrinking membership, most meetings do not send IRs to GPI



12th Step Within Activities

INTERNATIONAL TWELFTH STEP WITHIN DAY

December 12, 2023

The purpose of the 12 Step Within day is to encourage OA members, groups, and service bodies to reach out to those in the Fellowship who are still suffering from compulsive eating behaviors.

Suggested Twelfth Step Activities

- *Have a special Relapse Topic for the meeting on or closest to December 12.
- *Plan a reunion for past and present members.**
- *Offer to babysit for someone attending a meeting.
- *Invite another group or past members to a luncheon or dinner.**
- *Call twelve newcomers

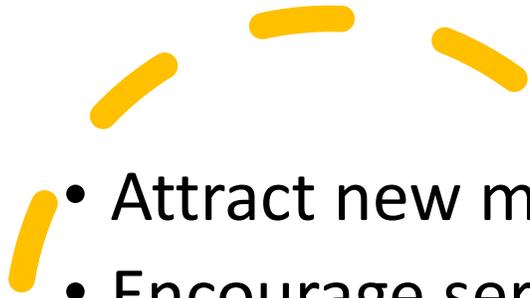
Suggested Twelfth Step Within Topics

- *Working the Steps to Recover from Relapse**
- *Relapse: Stepping-Stone or Stumbling Block?
- *Dealing with Shame, Both In and Out of the Program**
- *We Have To Do It Ourselves, But We Cannot Do It Alone
- *Keep Coming Back**
- *The Solution Is In The Steps
- *Relapse: Time to Begin Anew**
- *If You Slip, Get Up



October 2023 Survey Results

- 51 respondents, 18% of total list, 50% of estimated active members
 - 76% have attended GPI meetings, another 10% say someone represents their group
 - 84% make 7th Tradition contributions through treasurers, 6% contribute directly
 - 74% have attended GPI events
 - 45% have used the Speakers Bureau
 - 64% read the Voice of Recovery
- 



- Attract new members
- Encourage service
- Provide more support for zoom meetings
- Establish more face-to-face meetings
- Continue to offer workshops and special events—online and in person

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October 2023 Survey Suggestions