

SRG Meeting Agenda 19 March 2026 7 pm Mtn time

Zoom Info:

Meeting ID: 894 0626 5351, Passcode: 036487

- Welcome from Jan W.
- Serenity Prayer, OA 12 Steps _____ and 12 Traditions _____
- Roll Call- Meeting Check-in:
- Motion to accept meeting minutes from January 2025 intergroup meeting.
- Treasurer's Report- Jon or Pat any corrections?
- Motion to approve?
- Announcements from local meetings:
-

NEW BUSINESS:

- Newsletter volunteer- (Thank you Lynne for your past service) We need someone to take over that responsibility for the Intergroup
- Workshop info- Saturday April 18, 2026 in Kimberly, ID
- Thanks to Koni and Lynne for organizing that event.
- Do you need any help on that day of the workshop?
- Nancy- Any other conventions/retreats in our area?
- Look to the Website link for our intergroup-for suggested outside meetings
- Website contact- Genna (208-440-8927)
- IG Positions to vote on:
 - Intergroup Chair-
 - Intergroup Vice-Chair-
 - Intergroup Secretary-
 - Intergroup Newsletter-
- Link to receive World Service emails which give info on any upcoming retreats, etc.
<https://oa.org/event-calendar/> info@oa.org
- Press Release link included on next page.
- NEXT MEETING DATE- 3rd Thursday in May?
- CLOSING- Serenity Pray

Info from Region 1

Sunday, Mar 29th 6:00am - 8:00am PST [Using The Tools Workshop](#) ~ Triggered? Feeling overwhelmed?

Put down the fork and pick up the Tools of OA recovery. Join us for a supportive workshop where members will explore practical ways to strengthen recovery. ~ San Diego Intergroup

Sunday, Mar 29th 2:00pm - 3:00pm PST [Acceptance is the Answer Workshop](#) ~ Recovery Talks Speaker Series ~ Central Ontario Intergroup

[LIFELINE MAGAZINE ONLINE BLOG](#) ~ A wonderful free online portal filled with Experience, Strength and Hope.

[REGION ONE PODCAST LIST](#) ~ A collection of podcasts and virtual speakers

[SPECIAL FOCUS MEETING LISTS](#)



The poster features a decorative border of stars at the top and bottom. The main text reads: "2026 OA Region 1 Convention SAVE THE DATE". Below this, on the left, is a graphic of the state of Montana with "Kalispell 2026" written inside. A cartoon character with a large letter 'A' on its chest is holding a money bag. To the right of the graphic, the text says: "October 2 - 4, 2026 Red Lion Hotel 20 North Main Street Kalispell, Montana". At the bottom, it says: "Check for updates www.OARegion1.org www.montana-overeatersanonymous.org".

Convention Theme - **ROUNDUP FOR RECOVERY**

- **Get the word out - WE NEED HELP - Entertainment**
- **Get the word out - WE NEED HELP - Tech Support**
 - **We need a few (at least 3 and 1 backup) more people with PC's to help with recording**
 - (PC's for recording - **Derik(1)**)
- **Get the word out - WE NEED HELP - Clothing Swap** – **Lorri P** (BIG) (not attending Convention)
- Hotel & AV Contract – **Annie F** (OAR1 First Vice Chair)
- Budget - **Alice**
- Logistics – **Rhonda & Chris D & Yvonne** (BIG)
- Registration – **Nadine & Rhonda & Andie** (BIG), **Alice** (OR), **Lauren N** (OAR1)
- Keynote Speakers - **Paula** (ID)
- Program – **Alice** (OR), **Lauren N** (OAR1 MAL)
- Boutique – **Laurie H** (BIG SKY), **BIG SKY Intergroup**
 - - OAR1 Journal Sales – **Alice** (OR)
 - Literature Sales – **Yvonne** (BIG) & **Laurie H** (BIG SKY)
- Ways & Means – **Chris S** (BIG), **Tani** (BIG SKY)
 - - Silent Auction – **Chris S & Yvonne** (BIG)

- Raffle – **Tani** (BIG SKY)
- Volunteer Coordination – **Margie N** (OR), **Oregon Intergroup**
- Decorations (& funding) – **Martha R** (Peninsula), **Peninsula Intergroup**
- Hospitality – **Marcia & Vonda** (BIG)

THE 14TH ANNUAL CENTRAL OREGON OA

Sunlight of
the Spirit
RETREAT
MAY 1-3
2026

First United Methodist Church Camp
Suttle Lake
Sisters, OR

Register Now
www.centraloregonoa.org/retreat



“The Power of We”

Spring Assembly Reunion & Recovery Rally

Saturday, May 16, 2026 • 9:30 AM–12:00 PM PT • Zoom

Discussion, workshop and guest speaker!

Focus: How we can work together to strengthen personal recovery across the region and live a program of attraction.

[Register Now](#)

All are Welcome!



| 2026 | | OCTOBER | | | | | |
|------|-----|---------|-----|-----|-----|-----|--|
| SUN | MON | TUE | WED | THU | FRI | SAT | |
| | | | | 1 | 2 | 3 | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | |

Save the Date

Region One Assembly
October 23–25, 2026
on Zoom

More information to come

oaregion1.org

Be a Part of OA’s Worldwide Group Conscience

Delegates from around the world will gather for the World Service Business Conference (WSBC) in **Albuquerque, New Mexico, April 20-25, 2026**. Our collective voice will help shape OA’s future and ensure the message of recovery continues to reach those who still suffer. We hope you will join us to represent your intergroup and take part in OA’s group conscience.



Seven Ways WSBC Strengthens Recovery, Service, and Connection

Experience OA as a global Fellowship – Connect with members from around the world and see how OA is growing, reaching new countries, and expanding through translated literature and resources.

Participate in the spiritual group conscience – Members listen to one another, apply the spiritual principles of the Steps, Traditions, and Concepts, and vote with care for the well-being of OA as a whole.

Attend powerful OA meetings – Share recovery with members from across the Fellowship through scheduled and impromptu meetings.

Grow through service and connection – Relationships with other trusted servants provide encouragement, perspective, and support long after WSBC ends.

Bring ideas, support, and perspective back home – Experience the “between-session magic,” where informal conversations make space to talk through challenges, share experience, and gather ideas that can energize intergroups.

Understand the impact of intergroup participation – Decisions made at WSBC shape OA in ways that directly affect meetings and members.

Celebrate! – The Saturday evening dinner, speaker, and dance remind us that recovery and service include joy and connection.

How to Get Involved

1. **Tell your intergroup** you’d like to represent them at WSBC. Each intergroup may send one delegate for every 15 registered meetings (or portion thereof).
2. **Contact Region One** if funding is not available from your intergroup to ask about possible financial assistance: bfds@oaregion1.org.
3. **Register as soon as possible**, so that you receive important emails and can connect with experienced delegates for guidance and support.
4. **Find out more** and prepare for WSBC with resources at oa.org/world-service-business-conference/.

Service is gratitude in action — ensuring the message of recovery continues for generations to come.



Service Body Representative.

Recently Overeaters Anonymous was acknowledged by Everydayhealth.com, a health advice website, as a top organization for dealing with obesity. This is both good news and an opportunity to put the name Overeaters Anonymous before the public. World Service is sending out press releases to national news media with this announcement. Attached in a press release template with all the relevant information. The Public Awareness Committee is asking that your service body complete the press release and send it out as soon as possible to your local media, all media if possible. If you are uncertain as to how to do this, you might consult the Public Information/Professional Outreach Manual (Bookstore at oa.org) or any reliable search engine. You will need to fill in local website and contact information for your service body and a person to contact about the release.

This is a free way to help carry the message of recovery from compulsive eating and to increase awareness in your area of your service body. Please take advantage of this opportunity. Thank you.

Gary Davis, on behalf of the Public Awareness/Professional Tradeshow Committee

FOR IMMEDIATE RELEASE

Is food a problem for you? Overeaters Anonymous can help.

Overeaters Anonymous has been listed as one of the eight best organizations for obesity support by Everydayhealth.com, a medically reviewed health information website. OA's ranking in the top eight was after consideration of 100 such organizations. The website has also awarded OA its digital badge of recognition as a trusted health resource.

Available in more than 75 countries, Overeaters Anonymous is a Twelve Step fellowship, much like Alcoholics Anonymous, for individuals recovering from unhealthy relationships with food, eating behaviors, and difficulties with body image.

OA is not a diet club; there are no dues, fees, or weigh-ins. The only requirement for membership is a desire to stop eating compulsively.

Founded in 1960 with three members, OA now has approximately 6,000 meetings world-wide. Meetings are available in person, online, by telephone, and non-real time through apps. Overeaters Anonymous is not affiliated with any public or private organization, political movement, ideology, or religious doctrine. To find out more visit oa.org.

There are meetings available in the *(location)* area.

For more information about local meetings, call *(phone)*, visit oa.org, or go to *(name and website of local service body.)*

FROM: OVERESTERS ANONYMOUS

CONTACT: [Member's Name]

[Service Body]

[Phone, Email Address]