

## 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 distributes any excess revenue to help support area, region and world service bodies.

OA World Service suggests a 60-30-10 formula for distributing excess monies to support OA (see <https://gpioa.org/contact.htm#603010> for more information):

### **60% to the Intergroup**

Greater Pittsburgh  
Intergroup PO Box 5459  
Pittsburgh, PA 15206  
ATTN Treasurer

### **30% to World Service**

World Service Office  
PO Box 44727  
Rio Rancho, NM 87174-4727  
<https://oa.org/contribute/>

### **10% to the Region**

[oaregion7.org/home/contributions-page/](https://oaregion7.org/home/contributions-page/)

## **Treasurers, Please Note!**

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

**Be sure** to include your home group's name and OA group number with every contribution.

*Thank you!*

## Contact GPI

We are *Your* Trusted Servants

### **EXECUTIVE BOARD**

Chairperson [chair@gpioa.org](mailto:chair@gpioa.org)  
Vice Chairperson [vice\\_chair@gpioa.org](mailto:vice_chair@gpioa.org)  
Treasurer [treasurer@gpioa.org](mailto:treasurer@gpioa.org)  
*Serves on Finance Committee*  
Secretary [secretary@gpioa.org](mailto:secretary@gpioa.org)  
Ex Officio [ex\\_officio@gpioa.org](mailto:ex_officio@gpioa.org)

### **COMMITTEE CHAIRS**

12<sup>th</sup> Step Within [12within@gpioa.org](mailto:12within@gpioa.org)  
Outreach [outreach@gpioa.org](mailto:outreach@gpioa.org)  
Speakers Bureau [speakers@gpioa.org](mailto:speakers@gpioa.org)  
VOR Editor [vor\\_editor@gpioa.org](mailto:vor_editor@gpioa.org)  
Special Events [events@gpioa.org](mailto:events@gpioa.org)

### **REPRESENTATIVES/DELEGATES**

Region 7 Reps [region7reps@gpioa.org](mailto:region7reps@gpioa.org)  
Region 7 Alternates [region7reps@gpioa.org](mailto:region7reps@gpioa.org)  
WSO Delegates [wso\\_delegates@gpioa.org](mailto:wso_delegates@gpioa.org)  
WSO Alternates [wso\\_delegates@gpioa.org](mailto:wso_delegates@gpioa.org)

### **PAID CONTRACTOR**

Webmaster/Admin [webmaster@gpioa.org](mailto:webmaster@gpioa.org)  
*Maintains GPI website, meeting list, online archive, coordinates Website Committee*



## What Is GPI?

**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.*

Greater Pittsburgh Intergroup  
PO Box 5459  
Pittsburgh, PA 15206  
[www.gpioa.org](http://www.gpioa.org)  
412-765-3004  
[info@gpioa.org](mailto:info@gpioa.org)

## **What Does GPI Do?**

**GPI coordinates central services for approximately 35 local OA groups.**

1. Maintains a comprehensive OA website for the Greater Pittsburgh area, [www.gpioa.org](http://www.gpioa.org).
2. Publishes a list of ~35 OA meetings within 90 miles of Pittsburgh, maintained online.
3. Informs members by email about GPIOA business & events. To join the list, please visit [www.gpioa.org](http://www.gpioa.org).
4. Manages central OA voicemail: **412-765-3004**.
5. Maintains a post office box and responds to written inquiries about OA.
6. Distributes meeting lists, newsletters and activity information to local groups quarterly; sends updates by email as needed.
7. 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 on Zoom, *usually* on the first Sunday of the month, from 2p to 3:30p. Please check the GPI website at <https://gpioa.org/event.htm#cal> before attending to confirm the date and Zoom information.

## **GPI Committees**

**GPI is able to do what it does because members are willing to contribute time and energy to keep OA strong in the tri-state area.**

### **Policy Committee**

Assists with maintenance of the GPI Bylaws and Policy and Procedure (PnP) Manual

### **Finance Committee**

Oversees GPI Treasurer, GPI finances and related policies, prepares annual budget.

### **Secretarial Committee**

Checks voicemail/email & sends out information as needed, assists Secretary with maintaining GPI documents

### **12 Step Within Committee**

Helps members *within OA* who are struggling to get or stay abstinent.

### **Outreach Committee**

Informs local healthcare and other related professionals, as well as the general public, about OA.

### **Speakers Bureau Committee**

Builds a list of qualified OA speakers for local meetings, GPI activities, or Outreach service work.

### **VOR Committee**

Compiles GPI-area OA newsletter, the Voice of Recovery

### **Special Events Committee**

Organizes retreats, workshops, and other OA member events throughout the year.

### **Website Committee**

Volunteers who assist webmaster as needed to test and proofread the GPI website, [www.gpioa.org](http://www.gpioa.org), and compare our local meeting list with what appears on the [www.oa.org](http://www.oa.org) website.

## **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.**

**Intergroup Reps** 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.*

### **Committee Members**

Volunteer to serve on a GPI committee or participate in a work group. Committee openings are listed at <https://gpioa.org/service.htm#committee>

### **Committee Chairs, Regional Reps, WSBC Delegates**

Run for election to one of the GPI positions listed at <https://gpioa.org/service.htm#roster>

**Do I have to attend GPI to serve?** As a committee member you can simply commit some time, as needed, to help the committee; GPI attendance is not required. GPI attendance is required for Intergroup Reps (although a group can send a different rep every month, if they choose), Committee Chairs, Regional Reps & WSBC Delegates.

**Do I have to be abstinent to serve?** Abstinance requirements for committee service vary by committee and position; some have no abstinance requirements. The GPI executive board, committee chairs, Region 7 representatives, and World Service delegates must meet specified requirements for abstinance, GPI attendance and cumulative intergroup service—in GPI or another OA intergroup.