

Overview

Question text:	Results relevant to the following GPI Committees:						
	GPI as a whole	12 <sup>th</sup> Step Within	Prof Outreach	Public Info	VOR	Marathon	Webmaster
1) How did you find OA?			X	X			
2) How long have you been in OA?		X					
3) What is the length of your abstinence?		X					
4) Do you work with a sponsor? If not, is there a reason?		X					
5) What brought you to OA?			X	X			
6) What keeps you coming back?		X					
7) Have you ever left OA for a reason other than relapse? What was it?		X					
8) If you left OA, what brought you back?		X					
9) Have you ever relapsed?		X					
10) If you relapsed, did you stop going to meetings, or keep coming back? Why?		X					
11) If you relapsed and stopped coming to meetings, why did you start coming back?		X					
12) If you relapsed & left the rooms & came back, would you have come back sooner if: a) you received a phone call inviting you to a regular meeting? b) you received a phone call inviting you to a members-in-relapse meeting? c) other (please specify)		X					
13) If you were a member in relapse & still coming to meetings, would you be more interested in a "relapse workshop" or an ongoing meeting for members in relapse?		X					
14) What do you think you personally need to do to strengthen your recovery?		X					
15) How many people attend your home meeting?		X					
16) What do you see as your home meeting's strengths?		X					
17) What do you see as your home meeting's weaknesses?		X					
18) Does your home meeting ever get newcomers?		X	X	X			
19) Do newcomers return after the first few meetings?		X					
20) If newcomers don't return, what do you think is the reason?		X					
21) What could intergroup do to strengthen your home meeting?	X	X			X	X	X
22) Rate the following possible Intergroup services in terms of their importance: High, Medium, Low	X	X		X		X	
23) Rate the following workshops in terms of their importance: High, Medium, Low		X				X	
24) Rate the following High, Medium, or Low as possible topics in our Newsletter:					X		X
25) Are you willing to do more service to support OA? How?	X						
26) Any other comments/ideas/suggestions?	X				X	X	

q1

1) How did you find OA?

Professional Outreach		Public Info				Other		
12.66%		43.04%				56.96%		
10		34				45		
Therapist	Treatment Program	Internet	TV	Print Media	Phone Book	Word of mouth / OA Member	Other 12 Step Program	Don't know
10.13%	2.53%	20.25%	6.33%	13.92%	2.53%	36.71%	16.46%	3.80%
8	2	16	5	11	2	29	13	3

Total Survey Responses      79  
 Total Options Selected        89

q2

2) How long have you been in OA?

Less than one month	1-3 months	3-6 months	6-9 months	1 year	1-3 years	3-5 years	5-10 years	10-15 years	15-20 years	20+ years	N/A
0.00%	2.53%	0.00%	2.53%	6.33%	11.39%	13.92%	18.99%	8.86%	3.80%	30.38%	1.27%
0	2	0	2	5	9	11	15	7	3	24	1

Total Survey Responses 79  
Total Options Selected 79

q3

3) What is the length of your abstinence?

No Answer	Not Abstinent	Less than one month	1-3 months	4-6 months	7-11 months	1-2 years	3-5 years	6-10 years	11-15 years	16-20 years	20+ years	Today / Don't Count Days
8.86%	11.39%	10.13%	15.19%	3.80%	1.27%	15.19%	3.80%	7.59%	5.06%	1.27%	7.59%	8.86%
7	9	8	12	3	1	12	3	6	4	1	6	7

Total Survey Responses 79  
 Total Options Selected 79

q4

4) Do you work with a sponsor?

Yes	No	Sometimes
81.01%	16.46%	2.53%
64	13	2

Total Survey Responses 79

Total Options Selected 79

4a) If not, is there a reason?

Looking	Can't find a committed sponsor	Haven't found the right one	Not enough men	Using sponsor in another fellowship	Not Willing	No Reason
20.00%	20.00%	6.67%	6.67%	6.67%	26.67%	13.33%
3	3	1	1	1	4	2

Total Survey Responses 15

Total Options Selected 15

q5

5) What brought you to OA?

Prof Outreach		Disease					Other				
6.33%		107.59%					13.92%				
5		85					11				
Therapist	Treatment Program	Overweight or Could Not Lose Weight	Out of control eating	Binging and Purging	Could Not Manage Life	Desperate	Higher Power	OA Member	Other	No weigh ins or fees	
5.06%	1.27%	37.97%	30.38%	3.80%	11.39%	24.05%	5.06%	2.53%	5.06%	1.27%	
4	1	30	24	3	9	19	4	2	4	1	
Total Survey Responses		79									
Total Options Selected		100									

q6

6) What keeps you coming back?

Recovery	Seeing it work for others	Fellowship	Promises	Steps	Meetings	Sponsor	Service	There is no other answer	Don't Know	I am not
59.49%	22.78%	30.38%	16.46%	11.39%	7.59%	2.53%	1.27%	1.27%	1.27%	1.27%
47	18	24	13	9	6	2	1	1	1	1

Total Survey Responses      79  
 Total Options Selected        123

q7

7) Have you ever left OA for a reason other than relapse?

No	Yes	N/A
81.01%	17.72%	1.27%
64	14	1

Total Survey Responses 79  
 Total Options Selected 79

7a) What was it?

Relapse	Group / Member Conflict	Other people stopped coming	Thought I could do it on my own	Not ready	Man who did not feel welcome	Too much God talk	No Answer	Outside pressure
7.14%	21.43%	7.14%	28.57%	7.14%	14.29%	7.14%	7.14%	7.14%
1	3	1	4	1	2	1	1	1

Total Survey Responses 14  
 Total Options Selected 15



q8

8) If you left OA, what brought you back?

Didn't come back	Needed Help / Support	Wanted Recovery	Weight	Couldn't bear relapse after recovery	Schedule changed
7.14%	21.43%	57.14%	57.14%	21.43%	7.14%
1	3	8	8	3	1

Total Survey Responses 14  
Total Options Selected 24

q9

9) Have you ever relapsed?

Yes	No
68.35%	31.65%
54	25

Total Survey Responses 79  
Total Options Selected 79

q10

10) If you relapsed, did you stop going to meetings, or keep coming back?

Kept Coming	Stopped	n/a
64.62%	20.00%	15.38%
42	13	10

Total Survey Responses 65  
Total Options Selected 65

10a) Why?

Kept coming to meetings:

Knew I needed Program	Was afraid to stop going to meetings	Wanted help / recovery	Wanted others' recovery	Fellowship	Sponsor	No Reason Given
23.81%	23.81%	30.95%	14.29%	2.38%	2.38%	16.67%
10	10	13	6	1	1	7

Total Survey Responses 42  
Total Options Selected 48

Stopped coming to meetings:

Depression	Working w/sponsor in another fellowship	Wanted to do it on my own	Shame	Stopped mtgs before relapse	Thought I was too sick	Schedule	No Reason Given
15.38%	7.69%	7.69%	7.69%	15.38%	7.69%	7.69%	53.85%
2	1	1	1	2	1	1	7

Total Survey Responses 13  
Total Options Selected 16

q11

11) If you relapsed and stopped coming to meetings, why did you start coming back?

No Other Solution	To Get Better	To Feel Better	Desperation / Weight	Not Sure	Out of Control	it worked in the past
30.77%	23.08%	7.69%	69.23%	7.69%	15.38%	7.69%
4	3	1	9	1	2	1

Total Survey Responses 13

Total Options Selected 21

q12

12) If you relapsed and left the rooms and came back, would you have come back sooner if:

a) you received a phone call inviting you to a regular meeting?								
b) you received a phone call inviting you to a members-in-relapse meeting?								
c) other (please specify)								23
Other								
Invite to regular meeting	Invite to members in relapse meeting	N/A	Don't Know	Practical help in being abstinent	Attraction not promotion	Outreach is always helpful	Would depend on meeting location & time	Outreach from someone I know
32.56%	39.53%	20.93%	11.63%	2.33%	2.33%	11.63%	2.33%	2.33%
14	17	9	5	1	1	5	1	1

Total Survey Responses      43  
 Total Options Selected        54

q13

13) If you were a member in relapse & still coming to meetings, would you be more interested in a “relapse workshop” or an ongoing meeting for members in relapse?

Workshop	Meeting	Yes	Neither	Not sure	N/A
27.85%	35.44%	21.52%	13.92%	7.59%	6.33%
22	28	17	11	6	5

Total Survey Responses            79  
Total Options Selected                89

q14

14) What do you think you personally need to do to strengthen your recovery?

New sponsor or work with a sponsor	Work the steps daily	Use the tools	More honesty	Connect with more people	Stop eating compulsively / change food plan	Other	Service	Put OA first	More meetings
15.19%	26.58%	40.51%	6.33%	16.46%	8.86%	15.19%	1.27%	1.27%	2.53%
12	21	32	5	13	7	12	1	1	2

Total Survey Responses      79  
 Total Options Selected        102

q15

15) How many people attend your home meeting?

less than 5	5-9	10-14	15-19	20+	n/a
17.72%	44.30%	26.58%	10.13%	6.33%	2.53%
14	35	21	8	5	2

Total Survey Responses      79  
Total Options Selected        85



q16

16) What do you see as your home meeting's strengths?

size	people in recovery	Acceptance / support from members	Specialty / format	Members w/long history in OA / commitment to OA	Honest sharing	Sponsors available	Time / location	Other	Service	phone calls
2.53%	31.65%	32.91%	21.52%	11.39%	13.92%	3.80%	7.59%	7.59%	1.27%	1.27%
2	25	26	17	9	11	3	6	6	1	1

Total Survey Responses      79  
 Total Options Selected        105

q17

17) What do you see as your home meeting's weaknesses?

Need more members	More newcomers / don't keep newcomers	Space / location	Not sharing or accepting service opportunities	Lacking organization	Lack of long term recovery	Other	N/A, Not Sure, or None	Not enough sponsors	Lack of follow up calls
18.99%	10.13%	6.33%	17.72%	8.86%	8.86%	21.52%	16.46%	1.27%	1.27%
15	8	5	14	7	7	17	13	1	1

Total Survey Responses            79  
 Total Options Selected                86

q18

18) Does your home meeting ever get newcomers?

Yes	Sometimes	Rarely
69.62%	18.99%	11.39%
55	15	9

Total Survey Responses      79  
Total Options Selected        79

q19

19) Do newcomers return after the first few meetings?

Yes	Sometimes	Not Often	No	N/A
21.52%	51.90%	18.99%	6.33%	1.27%
17	41	15	5	1

Total Survey Responses      79  
Total Options Selected        79

q20

20) If newcomers don't return, what do you think is the reason?

Don't Know	Fear / Not Ready / Not willing to work the program	Not comfortable in environment / rigid meeting	Not enough contact	Need sponsors	Other	N/A	Did not attend 6 meetings	going to other meetings	Lack of people at meeting	We're not explaining the program well enough	OA not what they thought it was	Transportation issues / meeting out of town
17.72%	45.57%	17.72%	7.59%	3.80%	11.39%	1.27%	5.06%	5.06%	1.27%	1.27%	1.27%	1.27%
14	36	14	6	3	9	1	4	4	1	1	1	1

Total Survey Responses 79  
 Total Options Selected 91

21) What could intergroup do to strengthen your home meeting?

Not sure / N/A / Don't know what IG does	More speakers w/long term abstinence	Providing more info	Scheduling events	Sponsor workshops	Visit groups & check in every couple of months	Promote more	More IG reps involved	Other	List meetings needing support	Outreach to areas outside the city	Give us sponsors to call	Nothing
58.23%	3.80%	5.06%	6.33%	8.86%	3.80%	5.06%	2.53%	10.13%	1.27%	3.80%	1.27%	3.80%
46	3	4	5	7	3	4	2	8	1	3	1	3

Total Survey Responses 79  
 Total Options Selected 82

Support and/or get the word out to others when the home group is having an event. Make sure all contacts are current and meetings are where they are supposed to be. also for IG reps who live far away - how about having a phone conference IG meeting instead of having everyone come from thirty, forty even fifty miles away!!! With gasoline prices soaring, I am not able to commute nor do I have anyone willing to carpool from all the way down in my county. If the Phone meetings can have group conscience meetings via conference calls, perhaps GPIOA can also. Send the agenda via internet, then IG rep can allot 2 hours on the phone for a meeting. Just saying.

Do we have beginners meetings? Is there some kind of handout or training we could offer to our contact people? Would it be appropriate for the intergroup to focus on social interaction for a year--or how about workshops on trust, friendship, socialization in recovery, how to socialize with a food plan--some of the really practical aspects of being a food addict in recovery. I've always wanted to have a meeting topic where we really do just sit and talk about how to make changes in kinds of foods, etc. I know it's all about the physical aspects of recovery, but it's one of the 3 that we talk about. Yet, in workshops, etc. we don't really talk about it openly because we're not supposed to mention any foods. I think there's a place for this--or we need one--instead of just talking about it individually with our sponsors.

Good question! How about having members attend meetings not their own to help shore up local membership?

Materials, literature, finance for workshops

q22

22) Rate the following possible Intergroup services in terms of their importance: High, Medium, Low

Topic	H #	H %	M #	M %	L #	L %	Total Response Count
Assisting your meeting w/organizing a PI night?	16	21.62%	26	35.14%	32	43.24%	74
Assisting your meeting in publicizing itself?	40	53.33%	24	32.00%	11	14.67%	75
Organizing or promoting more OA marathons throughout the year?	22	30.14%	34	46.58%	17	23.29%	73
Organizing weekend retreats?	25	32.89%	32	42.11%	19	25.00%	76
Organizing step studies?	39	51.32%	25	32.89%	12	15.79%	76
Special info & "how to" workshops, usually held on weekends at a central location?	35	46.67%	33	44.00%	7	9.33%	75

Other Responses (14):
the intensive step study workshops sound good
I think our intergroup is doing a good job but needs to inform groups more often about it's purpose. Many people still don't understand what intergroup is even when there is an intergroup rep.
strengthen the acommodation that men can and do belong to OA as well as women
Intergroup is very hard working and supportive.
I suggest having intergroup come to various central locations in four areas ( N, S, E and W) so that every one doesn't have to drive more than 25 miles. Like have one event in Hopewell - easy to access from 376 where folks west could access;. then have one in the north ( Butler, Pittsburgh,an d some in Wexford) . one in the south like Mon Valley for those in Uniontown, Mon valley area, WVA; then one out east in Greensburg for those in Latrobe, Monroeville, Turtle Creek...etc. Perhaps it could be done simultaneously where speakers from the IG do service and speak at Unity Day!!!! Just saying
I put "low" for weekend retreats only because in the life of a person over a year, most people don't have the privilege of doing that more than 1-2 times. Shorter, more frequent might work--especially "how tos". I want to say that the OA Birthday and Unity Day this year were really nice! We need bright places, warm, and various ways of interacting which are creative, different, sometimes based on adult learning techniques. I truly appreciated what I found at the 2 days I mentioned.
Effective public information
trying to rotate around city, north, south, east, west, central
The public needs to be better aware of your availability. But anonymity needs to be held. Perhaps notices in church bulletins and with various social groups.
Left the first 2 blank, good ideas but haven't really considered actually doing so
more events east of Pittsburgh
one idea is to have a weekly meeting devoted to WRITING the 4th step. Members could bring their workbooks and the first half of the mtg would be writing and the 2nd half sharing. This would help people stay on top of this long difficult step.
What would the structure of "step studies" be? Like a marathon day? Like a weekend retreat?
thank you and please keep up the good work!

q23

23) Rate the following workshops in terms of their importance: High, Medium, Low

Topic	H #	H %	M #	M %	L #	L %	Total Response Count
Plans of Eating	54	69.23%	15	19.23%	9	11.54%	78
Using the Tools	51	65.38%	19	24.36%	8	10.26%	78
Being Sponsored & Becoming a Sponsor	55	70.51%	20	25.64%	3	3.85%	78
Working Steps 1-3	58	74.36%	17	21.79%	3	3.85%	78
Working Steps 4-7	51	65.38%	22	28.21%	5	6.41%	78
Working Steps 8 & 9	47	60.26%	27	34.62%	4	5.13%	78
Working Steps 10-12	50	64.10%	24	30.77%	4	5.13%	78
Big Book Study	48	61.54%	23	29.49%	7	8.97%	78
Relapse Recovery & Prevention	58	74.36%	16	20.51%	4	5.13%	78
Attracting & Retaining Newcomers	46	58.97%	26	33.33%	6	7.69%	78
Member Retention	45	57.69%	21	26.92%	12	15.38%	78
Twelve Traditions	29	37.18%	35	44.87%	14	17.95%	78
The Value of Slogans	21	26.92%	32	41.03%	25	32.05%	78

Other Responses (8):

reach out to overweight male population
value of service – how it saves lives
I find it hard to put any in the low category. Some of these we don't usually hear discussions about at meetings. And then there are topics that can be integrated into a workshop on a larger topic--like how using the tools increases self-esteem, or how trust is elevated through soem of the tools and sponsorship; adjusting social life in recovery;how to say no; how does one attempt new leisure skills in recovery. I realize that these may be scodary, but they can be integrated into workshops; they are always addressed in recovery of other addictions.
Big book and step study meetings. Many members seem to think working the tools is working the program. I think it is misleading to have marathons focused on the tools. Sponsoring, being a sponsor are also important.
I am too new to answer the above
Don't Know
Overeating as a Spiritual Disease Overeating and Childhood trauma/abuse Poetry writing/journalling workshop Artmaking around food issues
Plan of Eating & Sponsorship are huge. I'd actually think a workshop on how people get to meetings (whether face to face or phone or online) would be useful.



q24

24) Rate the following High, Medium, or Low as possible topics in our Newsletter:

Topic	H #	H %	M #	M %	L #	L %	Total Response Count
Nurturing Newcomers	56	70.89%	19	24.05%	4	5.06%	79
Characteristics of a great sponsor	53	67.09%	20	25.32%	6	7.59%	79
Characteristics of a great meeting	52	65.82%	23	29.11%	4	5.06%	79
Anonymity: what it is, what it isn't	42	53.16%	30	37.97%	7	8.86%	79
Getting started: first things first	59	74.68%	15	18.99%	5	6.33%	79
Conducting group business meetings	14	17.72%	43	54.43%	22	27.85%	79
Taking a group inventory	22	27.85%	41	51.90%	16	20.25%	79
Meeting formats: OA recommendations	18	22.78%	46	58.23%	15	18.99%	79
Group conscience: what it is	26	32.91%	41	51.90%	12	15.19%	79
Fourth step options	48	60.76%	26	32.91%	5	6.33%	79
What each of us can do to keep OA strong	53	67.09%	20	25.32%	6	7.59%	79
News & information from intergroup	39	49.37%	31	39.24%	9	11.39%	79

Other Responses (4):

Raffles to support intergroup, sales of items like I know an intergroup where someone donated an afghan and they sold raffle tickets throughout the intergroup for the afghan. The afghan had all kinds of slogans on it....it raised a lot of money. Another topic for the newsletter is 30/60/10. Some OAers have no clue what that is!!! I am surprised how many don't have a clue. Also an article about - and this is a hard one - are you keeping things current and having group conscience meetings on a regular basis ( monthly, weekly, quarterly) so that everyone in the group know that their donations are going to "spread the message" and not in someone's pocket!!!

The problem with the newsletter is there is only one copy!! If this is due to expense, then reduce type size and squeeze into one page---people need to take a copy home to read rather than skim at the meeting.

we need to get members to read the newsletter--how can we increase readership?

communications

Other ideas for articles: I have a background in AI-Anon, so I read from the "One Day At A Time" book once in awhile

q25

25) Are you willing to do more service to support OA?

Yes	Maybe / Don't Know	No / no answer	No: Already doing what I can
49.37%	21.52%	29.11%	18.99%
39	17	23	15

Total Survey Responses 79  
Total Options Selected 79

25a) How?

	Home based					Meeting based		Marathon		PI	
Not abstinent so can't give service	Outreach Calls / Newcomer Calls / General Outreach	Email Support	Answering Service	Help prepare written materials	Need transportation / Can't drive to Pgh / From Home	In my local area or local meetings	Starting Meetings	Speaker	Workshops	Public Speaking / Info Campaign / Convention Tables	Attend or serve on GPI
5.36%	10.71%	3.57%	1.79%	3.57%	5.36%	21.43%	1.79%	3.57%	5.36%	5.36%	8.93%
3	6	2	1	2	3	12	1	2	3	3	5

Don't Know / Misc Limitations	Need flexible schedule or specific time limited tasks	Anything, just ask
3.57%	3.57%	1.79%
2	2	1

Total Survey Responses 56  
Total Options Selected 48

26) Any other comments/ideas/suggestions?

General Gratitude	Need more info from GPI	Need to get more people on committees	Can't attend GPI on Sunday	GPI is getting better	Need to get more groups represented at GPI	Workshop or Retreat or Marathon requests	Be more inclusive / outreach to men	VOR concerns	Requests GPI meet via conference call	Request for cross fellowship sharing re: service	Stick to basics	Other
11	2	1	1	2	1	4	3	1	1	1	4	2
40.74%	7.41%	3.70%	3.70%	7.41%	3.70%	14.81%	11.11%	3.70%	3.70%	3.70%	14.81%	7.41%
Total Survey Responses				27								
Total Options Selected				34								

Responses (27):

this has saved my life :-)
Is there information available on the website of gpioa that explains what each committee chair is wanting in terms of committee member numbers, interests , duties and assignments. Basically, are intergroup's member/volunteer positions defined clearly enough to give members a sense of the time commitment expected in committee work, possible committee meeting dates, or formats of meetings, in person, phone conference, chat room, im, etc. My sense is that only a very small percentage of gpioa group members ever participate in intergroup level committees. I personally do not attend intergroup meetings any longer because of the meeting day always being on Sunday.
Intergroup has been improving. There's more information making it to meetings.
I am appreciative of those willing to give service on Intergroup -- problem seems more that not all meetings have representation at intergroup.
Be more inclusive
Workshop on the promises & hidden promises in the Big Book. Workshop on the principles of the 12 steps as well defined in our own 12 & 12 pp. 103-106.
I really wanted to attend the upcoming step retreat in MD, but am unable. I think that a similar retreat here in Pgh would be very appreciated & well received.
I have attended meetings where crosstalk is permitted. I would like to see a marathon which would at least devote half the time to meeting formats, group conscience protocol, purpose of intergroup & service & the importance of traditions in keeping our meetings safe places to share. Even positive crosstalk, which I observe at meetings, does not always make members feel safe.
Start focusing on getting more males in recovery. For 28 years OA has been a 90+% female oriented program with NO marketing or retention for males.
Thanks for this service. Thanks for taking the time & work it takes to do this. Thanks for listening to other opinions.
Can we make our newsletter in color so that the person downloading can print it in color for the groups???? I am suggesting that IG have phone conference meetings in the winter time (starting in 2012) & see how it works...perhaps we can make this something that we do on a quarterly basis.
THANK YOU SO MUCH!
I really enjoyed the survey!
I am grateful for the work of our intergroup.
thank you for your service!!!
Feel current intergroup is moving in right direction, maintaining abstinence & length of service requirements is important for personal & group continued recovery.
Thank you for this thought provoking survey!
Keep up the good work!! Really appreciate all the l'group does to keep us recovering.
It would be great to call an Intergroup meeting just to discuss new options & possibilities for OA. I think a lot could come out of cross-fellowship sharing. I know I would like to hear other people's ideas. Also many thanks to Jessica who keeps the group so well organized & up to date!
Intergroup needs to focus on the areas of service that individual groups cannot do themselves. Let's keep this in mind as we set our priorities.
I love Intergroup. I love OA. We need to keep carrying the message.
Thank you for your service.
24 hour safe haven w/computer, coffee, central literacy materials, meeting room, place to talk, phone! :-) Continue 3 day weekend workshops/events/group meetings. Send literature postings to home addresses! Encourage! Involve! Support!
Stick to basics.
OA needs to stick to the basics.