

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:

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/

Treasurers, Please Note!

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

Please fill out & 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 treasurer@gpioa.org
Serves on Finance Committee
Ex Officio ex_officio@gpioa.org

COMMITTEE CHAIRS

12th Step Within 12within@gpioa.org
Professional Outreach pro_outreach@gpioa.org
Public Information public_info@gpioa.org
Speakers Bureau speakers@gpioa.org
VOR Editor vor_editor@gpioa.org
Marathon marathon@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/Admin webmaster@gpioa.org
Maintains GPI website, meeting list, email list, online archive, coordinates Technical Committee; checks voicemail & sends out information as needed, prepares quarterly mailings & performs administrative work as needed



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
412-765-3004
info@gpioa.org

What Does GPI Do?

GPI coordinates central services for more than 40 local OA groups.

1. Maintains a comprehensive OA website for the Greater Pittsburgh area, www.gpioa.org.
2. Publishes a list of 40+ 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.
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 at the Hillman Cancer Center, *usually* on the first Sunday of the month, from 2p to 3:30p. Please check the GPI website at <https://www.gpioa.org/GPIservice.htm#cal> before attending to confirm the date and location.

Hillman Cancer Center
Cooper Conference Room C Ground Floor
5115 Centre Ave
Pittsburgh, PA 15232

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.

Finance Committee

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

12 Step Within Committee

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

Professional Outreach Committee

Informs local healthcare and other related professionals about OA.

Public Information Committee

Informs the general public about OA.

Speakers Bureau Committee

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

VOR Committee

Publishes GPI-area OA newsletter, the Voice of Recovery

Marathon Committee

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

Technical Committee

Volunteers who assist webmaster as needed to test and proofread the GPI website, www.gpioa.org, and compare our local meeting list with what appears on the www.aa.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 www.gpioa.org/GPIservice.htm/#committee

Committee Chairs, Regional Reps, WSBC Delegates

Run for election to one of the GPI positions listed at www.gpioa.org/GPIservice.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? Abstinence requirements for committee service vary by committee and position; some have no abstinence requirements. The GPI executive board, committee chairs, Region 7 representatives, and World Service delegates must meet specified requirements for abstinence, GPI attendance and cumulative intergroup service—in GPI or another OA intergroup.