

All About PAIG

updated December 2020

What is PAIG?

PAIG is the Philadelphia Area Intergroup of Overeaters Anonymous. An Intergroup is an organization made up of representatives from OA groups in this area (Philadelphia, Bucks, and Montgomery Counties). We are registered with the OA World Service Office.

The purpose of PAIG is to carry the message of OA to other compulsive eaters, and give service to the groups affiliated with PAIG. 27 OA groups are currently affiliated with PAIG.

When and where does PAIG meet?

PAIG meets on the first Wednesday of each month from 7:15pm to 8:45pm. Since April 2020 PAIG has been meeting via Zoom video conferencing.

Who can join PAIG?

Each OA group in PAIG's geographic area is encouraged to send a representative to PAIG. These group representatives belong to the Governing Body of PAIG and are entitled to vote on PAIG decisions. PAIG elects a Board of Directors and appoints Committee Chairs who belong to the Governing Body and are entitled to vote.

Anyone may attend a PAIG meeting as a visitor. PAIG meetings conduct business guided by the 12 Traditions of OA. They are business meetings, not recovery meetings.

What happens at a PAIG meeting?

Our agenda generally includes: The Serenity Prayer, introductions, announcements of upcoming events, questions and concerns. There are reports from the various officers, including a financial report, and committees, with discussion and voting on decisions or actions PAIG is considering.

We distribute copies of the AWARE (PAIG's monthly newsletter) and fliers for OA events that you can take back to your groups. We are a general clearing house for information and concerns. It's a good place for networking around our OA Fellowship.

What does PAIG do?

- Publishes the AWARE monthly newsletter
- Provides meeting lists
- Provides a website: www.oa-phila.org
- Provides recordings of OA speakers on our website
- Provides phone message and text service for inquiries
- Provides monthly and annual financial and budget reports
- Maintains liability insurance that covers all groups / meetings in PAIG
- Offers an annual weekend retreat
- Offers workshops and events
- Conducts Public Information and Professional Outreach efforts
- Discusses and votes on motions that affect the OA Fellowship as a whole
- Sends delegates to OA's World Service Business Conference to vote on issues affecting the entire OA Fellowship and serve on World Service committees
- Sends Representatives to OA Region 7 Assemblies to vote and serve on Committees

- Shares Information from the World Service Office and Region 7

How does PAIG communicate?

- Monthly Meetings:
PAIG meets in person each month to conduct business
- Email:
PAIG uses an Email Loop to keep in touch and share information. All PAIG members are included in our Email Loop. Any OA member interested in PAIG activities is welcome to join the Email Loop . Please note, however, that the emails mainly concern PAIG business. All messages are monitored for appropriateness and for spam. Anyone may send a message to PAIG (whether or not you are part of the Email Loop). Address emails to: paig-oa@googlegroups.com.
- Conference Call: PAIG maintains a conference call line to use for our business. When PAIG is not using this line, other OA members may use it for OA business, such as committee meetings. Dial-in number: (641) 715-3200 Passcode: 354496#

**To join PAIG's Email Loop, go to oa-phila.org
Enter your email under "Join Our Email Loop"
and click on "Subscribe"**

What do PAIG Officers Do?

- Chairperson Presides over PAIG Meetings, sets the Agenda, and is the spokesperson for the Intergroup for official purposes
- Vice Chairperson Maintains the area meeting list and serves as liason to new groups. The Vice Chair presides over PAIG Meetings in the absence of the Chairperson
- Treasurer Receives and distributes funds, and reports on finances
- Secretary Takes and distributes meeting minutes, updates policy manual
- World Service Delegates Attend OA's annual World Service Business Conference, voting on PAIG's behalf and serving on Committees.
- Region 7 Representatives Attend OA Region 7 Assemblies, voting on PAIG's behalf and serving on Committees. (There are 10 Regions comprising Worldwide OA. Region 7 consists of Intergroups from Pennsylvania, New Jersey, Maryland, Delaware, Virginia, West Virginia, & Washington D.C.)
- For more on officers duties, qualifications to serve, and how we are elected, see the PAIG Bylaws, which are posted on the oa-phila.org website.

Why should you get involved with PAIG?

Your service to PAIG, like all your OA service, will strengthen your recovery and bring you the joy of carrying the message of Recovery in OA to other compulsive eaters. Anyone can attend PAIG meetings and give service. Join us: together, we get better!