

Santa Cruz and Monterey Counties OA Intergroup Agreements

Our OA fellows' abstinence will always be the top priority of Intergroup. Without it, Intergroup cannot function for the good of our fellowship.

IG Reps have no abstinence requirement in order to be a part of Intergroup. However, in order to be a member of the Intergroup Board, members must have at least six months of current abstinence.

IG Board members represent Santa Cruz and Monterey Counties OA. Their ongoing physical, emotional and spiritual recovery demonstrates to their OA fellows and the general public that the principles embodied in the Twelve Steps help them to stop eating compulsively, and to work toward and maintain a healthy body weight.

Many OA members have relapsed and lost their abstinence. "Relapse is proof that we are human and our disease is serious. When treated as a learning experience, relapse does not mean failure. Relapse is not inevitable, but for some of us, it has played a significant part of our long-term recovery. We fell, got up, learned from the experience, and recommitted ourselves at a deeper level to the program."^[1]

For anyone struggling with abstinence, being honest about that struggle is of utmost importance. This begins with an honest disclosure to a sponsor or another trusted OA fellow. Additional support is available at the many "Recovery from Relapse" meetings listed on oa.org.

IG Board members in relapse for four weeks are expected to resign from the IG Board.^[2] Their resignation enables them to focus on regaining their abstinence.

^[1] From the OA pamphlet, *Welcome Back: Suggestions for Members in Relapse and for Those Who Care*.

^[2] From the *Policies and Procedures of the Santa Cruz and Monterey Counties Intergroup of Overeaters Anonymous*, Section IX.A. VACANCIES AND RESIGNATIONS.