

## WORKSHOP IDEA from a Region 5 Intergroup

We had a panel of 3 people that talked about how they got into service and how it has helped them stay abstinent or at least stay in the rooms of OA.

We had an Ask-It-Basket. The questions were read out loud and then anyone could share their experience on the question.

At the end, we broke off into small groups, wrote up our action plan for doing service for the next 30 days, and talked about them.

The team talked about what a home group is, why we should consider having one and making a commitment to support that meeting as much as possible.

They handed out prepaid postcards, asking us to address it to ourselves and putting our service commitment on the other side. The cards were collected at the end of the workshop and the committee chairperson will send them out in a few weeks. It will be a reminder of our service commitment.

I think this workshop could be done at Region and World Service so that the reps could take it back to their groups to do. Or it could be written up and posted on the OA website.