

Value and Purpose of Intergroup

- 9. IG is valuable to the area by providing speaker meetings, potlucks, get togethers, literature and workshops in a healthy manner.
- 11. IG is supposed to support the meetings. What do the members think the primary purpose of the IG is?
- 13. Our purpose is to help those still suffering so maybe we need to talk about how to help newcomers at the meeting level.
- 19. IG is a group which cares about itself and its community.
- 22. The purpose of the IG is to bring healing and support to people in recovery.
- 32. I've seen a lot of value in the activities and programs presented by the IG.

Positive outlook

- 31. I came to listen without judgment.
- 18. I am confident we have everything in place to solve the concerns of IG.
- 21. I trust our Higher Power is taking care of us.

Difficulties with recent and historical meetings

- 10. The tone and tenor of the IG is strict and uncomfortable.
- 15. I like the activities offered by the IG but I cannot tolerate IG meetings due to the charge/hyperstimulation/agitation which caused me to flashback, so I walked away.
- 16. I'm concerned about the issue of recording the meetings being a breach of trust, confidentiality, and anonymity.
- 17. The results of the last vote to remove the Chair were questionable.
- 35. Roberts Rules takes casualties and hostages. A different consensus system is worth considering.

Opportunity for growth and healthier behavior

- 2. IG is a dysfunctional family and we have an opportunity to make it a functional organization, to be welcoming and accepting by practicing the principles and guidelines.
- 3. IG gives us an opportunity to practice dealing with making mistakes.
- 4. We need to interact with each other in a more compassionate and loving way.
- 1. Safety in the IG meeting is important. It is a place to practice relationships and hone service skills.
- 28. Service in IG has been beneficial for me with overcoming over the stress and lack of gentleness at IG meetings.
- 29. We can ask ourselves, "What parts of myself can I heal to feel safer at IG meetings?"
- 30. A workshop or study group on the Behavior Goals would be helpful.

Procedural / structural improvements

Substantial unanimity / consensus / meeting process

- 5. There needs to be a definition of group conscience which represents the hearts of the group.
- 7. We need to obtain substantial unanimity more effectively when using Roberts Rules.
- 6. The material read at the beginning of this meeting concerning consensus and unanimity was valuable.
- 33. Minority opinions are especially important to be heard.
- 12. Roberts Rules should not be used. Something more informal would be better. Roberts Rules are not welcoming and are hard to learn.
- 35. Roberts Rules takes casualties and hostages. A different consensus system is worth considering.

Refreshments

- 14. By having food or coffee available at IG, it would make the meeting more enticing and relaxing. Have more fun while conducting business will promote participation.

Encouraging / monitoring for healthy meeting behavior

- 25. Check-ins during introductions could be used to release tension at the beginning of the meeting.
- 23. The Commitment to Service should be read at IG meetings.
- 8. We need to follow the Behavioral Guidelines read at each meeting.
- 30. A workshop or study group on the Behavior Goals would be helpful.
- 20. IG needs a structure for safety, perhaps a behavior referee handing out red card violations or an objective observer grading a recording of our meetings.

Step 10 style evaluation at end of each meeting

- 24. An evaluation of the meeting should be an agenda item at the end of each IG meeting to review what went well and what needs improvement.

Mutual support

- 26. A mentorship program for new IGRs would have been helpful to me.
- 36. I needed help in my service position and I didn't ask for it and I resigned. This was a huge lesson learned
- 27. A list of phone numbers for IG members would have helped me connect with others as I didn't know many faces at IG.
- 34. The materials read at this meeting could be posted on the website for reference.