

Houston Metro Intergroup

What is HMI, and how does it help my recovery?

HMI connects and supports OA groups and members throughout the Houston area. It is a service body - not a governing body - created to share information, strengthen meetings, organize recovery-focused events, and help carry the message to the compulsive overeater who still suffers.



OA'S RESPONSIBILITY PLEDGE

"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

Connect OA groups

Link meetings and provide services that individual groups may not be able to provide on their own.

Share information

Create a forum for local groups, Region 3, and World Service information to move throughout the fellowship.

Carry the message

Support recovery-focused events, outreach, healthy meetings, and service opportunities.



What is an Intergroup?

Intergroups link OA groups and meetings and provide services that are not practical for individual OA groups to provide on their own.

Connecting OA Groups

Intergroups provide a forum for the exchange of information and ideas designed to enhance the recovery of OA members and to carry the message to the compulsive overeater who still suffers.

Houston Metro Intergroup

The Houston Metro Intergroup (HMI) of Overeaters Anonymous is a cooperative venture among OA groups in Houston and surrounding communities. Each OA group is autonomous, so HMI is not a governing body, but a service body whose purpose is to support the OA groups and members it serves.

OA's inverted service structure: OA's leaders are trusted servants, and direction comes from the members. The group conscience at each level makes the decisions.

What does HMI do?

HMI is guided by the Twelve Traditions of Overeaters Anonymous and is directly responsible to those it serves. It provides caring support and timely information for individuals in Houston and surrounding communities who need recovery from compulsive eating and compulsive food behaviors.

- Organizes OA workshops and events to help OA members continue growing in recovery.
- Introduces OA to the broader community through health fairs and professional organizations in the city.
- Shares information from the World Service Office and Region 3 with all meetings.
- Maintains the HMI website, OAHouston.org, and the HMI Hope Line.
- Hosts conventions and retreats.
- Helps new OA groups get established and guides meetings when questions arise about the Traditions.
- Maintains local meeting lists.
- Funds representatives to attend the Region 3 Assembly and the World Service Business Conference to advocate for the interests and needs of HMI-affiliated groups.



Who makes up HMI?

Everyone is welcome to attend Intergroup meetings and events. Each OA meeting elects an Intergroup Representative (IR), and those representatives make up the voting members of HMI.

The role of an HMI Representative

An HMI Rep serves as a contact between HMI and the representative's group. Representatives bring their groups' needs to the monthly HMI meeting, discuss and vote on issues and events that will help serve member groups, and then give a brief report to their respective groups so OA members can stay informed and involved.

1

Listen

Bring the group's needs, ideas, and concerns to HMI.

2

Participate

Discuss and vote on service matters and events.

3

Report back

Share a brief HMI update with the group.

TOGETHER WE GET BETTER

Bring your group's voice to HMI.

Intergroup representatives help information, needs, ideas, and service opportunities move between local meetings and HMI.

Questions?

info@oahouston.org

How do I become an HMI Rep?

Attend your meeting's next group conscience and ask about becoming the HMI Rep for the group. Each group decides its own qualifications and selection process for its HMI Representative.

Who may attend?

Everyone is welcome at HMI meetings and events, whether or not they are currently serving as an Intergroup Representative.

HMI is a service body.

It supports the autonomous OA groups and members it serves; it does not govern them.



Why should I get involved?

CARRY THE MESSAGE

Service connects recovery with action.

Step 12 calls us to "carry the message to those who still suffer." HMI is a powerful tool to help OA members work Step 12.

How service can help my recovery

Giving back what we have so generously been given is insurance for a life of sane and happy usefulness. This is what we are promised as the result of working the Twelve Steps.

- Make a difference in your own meeting.
- Support and help ensure the continuance of OA meetings.
- Voice concerns.
- Learn and practice the Traditions and Concepts of recovery.
- Obtain support from others.
- Exchange ideas and suggestions for recovery.
- Strengthen OA as a whole.
- Meet and get to know more people in OA.

Other ways to get involved

HMI committees that may be of interest include:

1 Convention Planning

2 Historian / Archivist

3 Public Information / Professional Outreach

4 Twelve Steps Within

5 Events / Workshop Planning

+ Many more service opportunities

Everyone has a role to play in OA. Get involved wherever you can!



EVERYONE IN OA IS WELCOME

Monthly HMI Meeting

Join in person or by Zoom. Let's all carry the message.

Date and Time

Third Saturday of each month
9:45-10:45 a.m. Central

In Person

Oasis Club
5645 Hillcroft, Suite 102
Houston, TX 77036

Via Zoom

Meeting ID: 846 8767 6856
Passcode: 2020

Questions?

info@oahouston.org
713-973-6633

Everyone in OA is welcome at HMI meetings and events.

Contact Houston Metro Intergroup

MAIL

PO Box 741836
Houston, TX 77274-1836

ONLINE

OAHouston.org
info@oahouston.org

HOPE LINE

713-973-6633

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who share my compulsion; for this I am
responsible."

HOUSTON METRO INTERGROUP

Together We Get Better!

Service, connection, and shared recovery
help carry the message throughout Houston
and surrounding communities.

Source note from the original brochure: Quotes and content were pulled from OA.org and various Region websites.