

Date: March 16, 2020

To: All Members of OA Foothill Intergroup

From: Board Chair Korie Beth

As the Corona Virus/COVID-19 continues to take more space in the news, social distancing has become the 'new normal.' Many of us are sequestering ourselves in our homes and reducing face-to-face contact with others to the bare minimum. This of course impacts Foothill Intergroup OA meetings. What will your home meeting do to ensure the health and safety of its members?

It is important to avoid panic. It is important to keep Tradition One in mind: "Our common welfare should come first." It is also vital that we practice the principles of the Serenity Prayer as we accept that we live in "interesting" times, but have the power to change ourselves through the Steps, Traditions, Tools, and Concepts of Service.

Take a group conscience at your next meeting and decide if it will continue in person. If so, think about how to make the meeting safer. The CDC recommends that everyone carries and uses his or her own pen. Consider the ways in which literature and the 'we care' form is passed around. Think before reaching out to hug another member; consider forming a circle at the meeting's end without holding hands. And, of course, stay home if you are sick.

If your meeting decides to disband temporarily, it's a good idea to let others know. The OAFIG website is a central signpost for us all – consider making an announcement there. Your Intergroup Representative can help spread the word through contact with the IG Board.

Meetings might also consider staying in contact through calls, texts and emails to fellows. "Together we get better."

Internet resources are also available if meetings decide to go online during the pandemic. There are also established telephone and online meetings available. Information for this type of meeting is available at OA.org.

Finally, let's all keep in mind we are in this together, even if we don't see each other in person for a few weeks. I will be checking in on my OA friends on a daily basis, and I will keep in mind there are tools other than meetings that I can and should be using. If AA could continue during World War II, we can weather this current storm as well. Let's stay in touch and continue our recovery one day at a time.