

We live by Tradition Five: Each group has but one primary purpose-to carry its message to the compulsive overeater who still suffers. What's the message? There is a solution that frees us from the desire to over or under eat or abuse food in any self-destructive way. Everything we do at Meetings should be relevant to this 12 Step Solution. Our Mission and Purpose is to help those in our rooms and those still suffering in the general population. If we don't do this individually and as a Group, Region or World Service we all lose.

With men comprising approx., 13% of the membership of OA from OA studies by the WSO in 2010 and 2017 we are committed to "To Attracting and Retaining Men in OA" which is consistent with the WSO's 2019 Goal of "Growing OA Worldwide".

MIGOA's Specific Goals

1. Increase the number of men in OA.
2. Provide additional resources to enhance the recovery of men in OA.
3. To inform men and women outside of OA that OA exists and that they are welcome
4. Increase the number of men sponsors in OA and maintain a Men's Sponsorship List.
5. Distribute around the world, our MPS, Men's Business Card with our Helpline (347) 201-0914 and our web site www.oamen.org.
6. Provide women in OA with outreach materials to give to new and existing men in OA.

MIGOA's Accomplishments

1. Established MIGOA in the Virtual Region. Currently & growing there are 4 Men's Focus meetings in MIGOA.
2. Provided men & women with "Guidelines for Attracting and Retaining Men in OA" from OA.org.
3. Workshops completed (2) 15-week Step Studies for men in 2019 and a Four-week Step Study in 2020. Completed 3 Sponsorship Workshops in the VR in 2020. Also, a Workshop on Prayer & Meditation in 2020.
4. Expanded resources available to men & women on the oamen.org web site including our MPS, a Men's Meetings Flyer in English & Spanish, accessibility to speakers for men's meetings & podcasts from a "Vision 4 You".
5. MIGOA has 1 man on 3 WSBC Committees: PIPO, Youth on the Twelfth Step Within.
6. MIGOA also has 2 men on the Virtual Workshop Committee.
7. We established the Men's worldwide Helpline (347) 201-0914 in 2019
8. We distributed our MPS, our Flyer and Men's Business Card through the world.
9. MIGOA has an Advocacy Group consisting of 33 men and 9 women.

MIGOA's Work in Progress

1. The Tuesday night Men's Focus meeting has a Google Group of 409 men and an Outreach List of 369 men including 74 men who are willing to be sponsors. To join the GG, send an email to Tuesday@oamen.org. You do not have to participate in the Tuesday night meeting to join those groups.
2. We have elected our first officers of the MIGOA and are working on our By-Laws and Policies & Procedures. Also, we will be asking other men's Virtual and Face to Face meetings to join MIGOA.
3. Updating our oamen.org web site to reflect changes in some of the Men's Focus meetings to zoom and providing additional information on resources for men and women to help accomplish our goals.
4. During these challenging times we will continue to find creative ways to help our Men's meetings adapt to new technologies, live video meeting, enhanced telephone, hybrid meetings and non-real time meetings.
5. Continue to work with the Virtual Workshop Committee to provide men speakers for their workshops and continue to establish Workshops conducted by MIGOA.
6. Once MIGOA has approved the updated MPS we will work to distribute it worldwide.
7. Use the Men's OA Helpline line to support men in and out of OA.



Men's Intergroup of Overeaters Anonymous

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