

STRONGER TOGETHER: Including Everyone In Meetings

Making Newcomers Feel Welcome:

- Assign a newcomer greeter for each meeting
- When newcomers are present, avoid using too much OA “jargon” – or make it a point to explain the term / phrase you are using so the newcomer understands
- Have a weekly service position whose job is to call newcomers in a couple of days
- For in-person meetings, have everyone write their phone number on the newcomer pamphlet so he/she leaves with numbers to call
- Encourage recovering members to work with newcomers using OA’s “Newcomer’s First 12 Days” handout for Temporary Sponsors: <https://oa.org/documents/temporary-sponsors-newcomers-first-twelve-days/>
- On zoom meetings, put the link to the Newcomer’s Pamphlet (“Where Do I Start? Everything a Newcomer Needs To Know”) into the chat: <https://oa.org/a-place-to-begin/where-do-i-start/>
- For in-person meetings, make sure your literature table includes the pamphlet “To The Newcomer: You’re Not Alone Anymore...”
- For zoom meetings, put in the chat the link to the OA Bookstore so the newcomer knows where to buy literature: <https://bookstore.oa.org/>
- And keep in mind... we’re all just long-time newcomers!

Outreach to Struggling Members:

- Make it a point to participate in 12th Step Within Day on Dec. 12th by reaching out to someone you haven’t heard from or seen in a while... and get in the habit of doing this *every* month on the 12th!
- Have a group conscience meeting to discuss adding to your mee1ng format a time to ask “Is there anyone who is having any sobriety threatening issues?”
- Have a weekly service position whose job is to call someone from the meeting who hasn’t been there in a while
- Send a card in the mail to someone who has been missing from the meeting for a while (*important*: make sure all home group members provide their home addresses to the group secretary when joining the meeting’s phone roster)
- Work with struggling sponsees using OA’s “Been Slipping and Sliding” handout: <https://oa.org/documents/been-slipping-and-sliding-a-reading-and-writing-tool/>
- Work with struggling sponsees using OA’s “From Slip or Relapse to Recovery” handout: <https://oa.org/documents/from-slip-or-relapse-to-recovery/>
- For in-person meetings, make sure your literature table includes the pamphlet “Welcome Back: Suggestions for Members in Relapse and Those Who Care” ... or use this pamphlet for a discussion meeting

Being Inclusive for Everyone:

- Make a call, once a week, to someone you don't normally call
- Have a greeter at every meeting (for both in-person & zoom meetings)
- Ensure your meeting has a phone list with contact info for members
- Create a group text chain for the members of your home group
- For in-person meetings, make sure your literature table has pamphlets for all forms of our disease, including "Many Symptoms, One Solu1on"; "OA Members Come In All Sizes: Welcome, Whatever Your Problem With Food"; and the "Focus on Anorexia and Bulimia" packet
- Also include on your literature table the pamphlets "Black OA Members Share Their Experience, Strength, and Hope"; "To The Man Who Wants To Stop Eating Compulsively, Welcome"; and "A Common Solution: Diversity and Recovery"
- On zoom meetings, provide a link to the OA Bookstore for purchase of all of the above pamphlets (<https://bookstore.oa.org/>); you can also provide a link for free download of the pamphlet "To the Young Person": <https://oa.org/documents/to-the-young-person-do-you-have-a-problem-with-food-eating-behaviors-or-body-image-280/>
- During an upcoming group conscience meeting, or as the topic for a discussion meeting, review OA's "Unity With Diversity Checklist": <https://oa.org/documents/unity-with-diversity-checklist/>
- Be able to direct others to resources for special focus meetings, like:
 - Anorexia / Bulimia meetings: <http://tinyurl.com/ABOAMeetings>
 - BIPOC Virtual Intergroup: <https://www.bipocoa.org>
 - Ebony Virtual Intergroup: <https://ebonyoavirtual.org>
 - LGBTQ+ meetings: <https://bit.ly/ckslst>
 - Men's Virtual Intergroup: <https://www.oamen.org>
 - OAs in other 12-Step recovery programs, too: <https://oabridge.org>
 - Secular Service Board: <https://www.secularserviceboardofovereatersanonymous.org>
 - Young Adult's Virtual Intergroup: <https://oayoungadults.org>

Service Binds Us Together:

- Create a 'unity train' where members of your home group meet for dinner first and then all go to another meeting together
- During an upcoming group conscience, or as the topic for a discussion meeting, see what new ideas your meeting can implement by reviewing either the OA document "Guidelines for Membership Retention" <https://oa.org/documents/membership-retention-at-meetings-and-between-meetings-what-can-we-do/>
- Similarly, during an upcoming group conscience meeting, or as the topic for a discussion meeting, review the top half of the "OA Group Inventory" document together as a group: <https://oa.org/documents/oa-group-inventory/>
- With your sponsor, or individually with another member of your home group, discuss your responses to the questions on the bottom half of the "OA Group Inventory" document which focused on your involvement within your home group: <https://oa.org/documents/oa-group-inventory/>
- Familiarize yourself with the tips from OA's document "Carrying the Message", which provides suggestions on what to say & not say when talking to someone about OA for the first time: <https://oa.org/documents/carrying-the-message-guide/>
- Keeping in mind that ***staying abstinent is the best service I can do***, complete then discuss with your sponsor the "Strong Abstinence Checklist and Writing Exercise": <https://oa.org/documents/strong-abstinence-checklist-and-writing-exercise/>
- Give service by sharing your recovery story with Region 5: <https://www.region5oa.org/forms/submit-newsletter-article/>