

OVEREATERS ANONYMOUS – Cleveland Central Intergroup

Unity Day 2024

Unity On The OA Journey - MAINTAINING THE TRAIL

Any hiker knows that all trails need to be maintained. Like those who came before us in this program, we all have a responsibility: to sustaining OA as a whole, to giving service, to helping the members sitting by the side of trail. Every individual is important to OA's unity! So, no matter how long of time or how short of a time you've been in program, you have something to contribute to the unity of OA!

Nearly all attendees at our event shared one thing they would commit to doing this week to help "maintain the trail" of OA. Here is a list of the ideas, so we can all keep the unity going for the weeks ahead!

- Clear the way so that it's easier for the next person... I'm committing to be the zoom security person on a meeting each week
- Make lots of noise while hiking... so I will make 3 phone calls a day during each day this week
- Contact the chair of the Region 5 Convention to see how I can help out
- Make 4 phone calls this week (in addition to the call I make daily)
- Every time I think of someone from program, I will write down their name on a list – then make calls to those people off the list during the upcoming days
- Call 2 people I have never called before
- Make 3 phone calls per day, and to get back active on the committee I am signed up for
- Turn those "I wonder how so-and-so is doing" thoughts into actual phone calls
- Send a reach-out card to someone I haven't seen recently at meetings or who I know is struggling
- Encourage any newcomers "this might not have been the meeting for you, but miracles happen here & there is a miracle here for you – so please try at least 6 different meetings before you decide about OA"
- Connect with someone who's struggling by saying to them "I carry this rock with you"
- Text for outreach (because I have odd work hours, so phone calls aren't always an option)
- Write something about what the Region 5 Treasurer does and disseminate that, encouraging others to consider giving this service
- Taking phone numbers from the chat of people who I don't know & commit to calling them
- Reach out to a committee chair to find out how I can help
- Continue to write down my food the night before each night & make fellowship calls
- Take numbers, make calls, and "stick my neck out there" a little more than normal
- One call per day to people I haven't spoken to in a while or who I've never talked to
- Writing a note of encouragement to a sponsee who I haven't heard from in a while
- Reach out to a newcomer via text & phone
- Reach out to a couple newcomers or people I don't know
- Take my Public Information poster over to the YMCA and try to get that hung up
- Make an extra phone call and attend an extra meeting this week
- Read OA literature and use the spiritual tools
- Get a zoom security refresher to see if I can get maybe 25% better in terms of learning zoom tricks