

Sacramento Valley Intergroup of Overeaters Anonymous

Suggestions for Individual Meetings

This document is a product of workshop meetings/discussions from Representatives of the Sacramento Valley Intergroup of Overeaters Anonymous. (sacvalleyoa.org).

Newcomer Suggestions

1. Have a Newcomer Welcome position in the meeting (on a 6-month, monthly, or weekly rotation – or add it to the Secretary duties). This person would call and/or text each newcomer in the days following the meeting.
2. Create talking points to outline how to approach newcomers and what to discuss with them.
3. Add “Call or text me this week” as a column to the sign-in sheet. Newcomers and other members could use this to indicate that they would like people to reach out to them.
4. When newcomers are present in the meeting, suspend the regular schedule of activities (literature readings, book study, etc.) and have each person share their experience, strength, and hope they have received in the OA program.

Abstinence as Primary Purpose Intergroup Focus

1. Request speakers focus on abstinence.
2. Encourage people to qualify before sharing. (State length of abstinence and weight loss)
3. Work with your sponsor to define abstinence.
4. Read “Dignity of Choice” or “A Plan of Eating.”
5. Have the “Difference Between Abstinence and Plan of Eating” available.

Sponsorship

1. SUGGESTIONS FOR MEETINGS
 - a. When sponsors raise hands at a meeting, have each of them say what they can do for a newcomer (call, text, email, etc.).
 - b. Have a Day in OA on sponsorship (the Saturday morning meeting is planning one for 2018).
2. SUGGESTIONS FOR INTERGROUP
 - a. Create a sponsor bank. Susan H. volunteered to start this project.
 - b. Add a standing sponsorship committee.