

At Meetings & Between Meetings – What Can We Do

Goal: To support members within the fellowship. Members are more likely to stay in the fellowship if they see and hear recovery and if they feel welcome and connected to the group. Some ideas to help with this are:

At meetings

- be abstinent and when sharing, say that you are abstinent
- take abstinence seriously - life or death
- celebrate your abstinence and recovery by sharing important milestones with the group
- smile and greet all members
- ask someone if they would like a hug
- read OA approved literature
- share on the solution - not the problem
- listen when others are sharing
- identify yourself as a sponsor
- warmly welcome newcomers and offer them a Newcomers' Packet – have group members write their contact information on the packet
- talk to newcomers after the meeting and ask whether they have any questions - offer them your phone number to call during the week if they think of something they would like to ask or if they want support
- offer yourself as a temporary sponsor for the newcomer to get him/her started on working the program
- ask the newcomer whether he/she would like to receive a call during the week and if so, take their phone number and make the call
- offer to give someone a ride to the meeting
- warmly welcome returning members who are struggling and offer them a Welcome Back packet - have group members write their contact information on the packet
- before or after the meeting, introduce yourself to someone you don't know and ask them how they are doing
- offer to do service at the group level - treasurer, secretary, group rep, greeter
- take the key ... set up chairs ... put out literature
- volunteer to lead a meeting
- stay for the business meeting and contribute your thoughts and ideas

At meetings (continued)

- be inclusive
- invite all members for fellowship after the meeting
- offer to put together a contact list for the group
- conduct a Group Inventory to get input from all members as to what things are going well with the meeting and what things could be better. Follow through with suggested changes.
- review the "OA Checklist For A Quality Meeting" to see if changes are needed.

Between meetings

- be abstinent
- make a phone call
- send a love note or e-mail
- offer support and an encouraging word
- be a sponsor
- visit a meeting you wouldn't normally attend
- call or e-mail your sponsor
- call someone you haven't seen in awhile and ask how they are doing
- use the tools!
- work the steps!
- practice the principles!
- organize social events for members and their families
- invite another member to join you for a walk
- attend marathons, retreats and conventions
- attend intergroup meetings and report back to the group
- start a new meeting to focus on relapse
- offer to share your story at a meeting that is struggling