

Creating and Maintaining Quality Meetings

At the World Service Office Business Conference in Albuquerque, New Mexico in May 2002, a forum was held on "Creating and Maintaining Meetings". A number of excellent ideas came from these discussions including the following:

Meeting Structure

- Set up the meeting in plenty of time to start punctually
- Have a set meeting format
- Regular group conscience
- Rotation of service positions - with abstinence requirements
- Time the speakers
- Participate in Intergroup, Region, a World Service Business Conference
- Support representatives to report back from business meetings
- Be self supporting at all levels
- Pass on enough funds to support the wider OA structure.

Member Responsibility

- Arrive to the meeting early
- Have a home group that you are committed to unless sick or out of town
- Know you can be relied on to be there
- Take responsibility for ensuring the meeting is there for the newcomer and that it understands and lives by the Traditions
- Be accountable
- Be an example of commitment in action.

Sharing in Meetings

- Focus on recovery - the solution not the problem
- Share you experience, strength and hope of how the twelve steps and twelve traditions have changed your life
- Focus on the disease and step one when there is a newcomer present
- Keep sharing short and to the point - having a topic based on a literature reading can help
- Talk about what service and sponsorship have done for you
- Discourage cross talk
- Above all, keep it simple.

Newcomers

- Invite newcomers to identify at meetings
- Have literature available for them, especially newcomer packs and local meetings lists
- Talk to them before and after the meeting
- Give them your phone number
- Offer a ride to a meeting.

Some Final Memorable Lines

- We can't keep it if we don't give it away
- Meetings should be a safe place to recover, not a safe place to stay in the disease

- We are here for recovery, not relief
- Be an attraction
- Remember our primary purpose - the meeting is there to carry our message of recovery to the still suffering compulsive overeater.

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