

OA Recovery Circles are small groups of OA members who come together to support each other's recovery and abstinence.

Guidelines:

They meet regularly (in person or virtual) for a mutually agreed amount of time.

What is shared at the group should be kept within the group and its membership should also be kept confidential unless the members agree to something different.

The time is evenly divided among members and tracked the time to make sure it is even.

Each member can use their time as they so choose and is typically one of two ways:

The member uses all the time to share what they need to.

The member uses part of the time to share and part for feedback from the group.

Feedback:

The member who shares can specify what they would like feedback on and who they would like it from should they choose.

Feedback should always be honest, kind, nonjudgmental, and intended to support each other's recovery. The focus should be less on telling our own stories and more on support and guidance to the person sharing.

The members giving feedback can do so in turn or in a group dialogue with the member whose turn it is. Feedback should be focused and concise. Detailed personal experience can be shared one on one at another time if the various members choose.

Suggestions:

Group size is ideal at 4-5 with a minimum of 3 and a maximum of 6.

Each member should have a minimum of 15 minutes.

The group should meet at least once a month and no more than once a week.

Each member should make attendance a high priority.

The group is self-selected and may have a special focus or peer factors like hundred-pounders, bulimics, gender, race, secular, religious, age ranges, moms, retired people, big book thumpers, vegans, LGBTQ, early birds, night owls, business owners, etc...

If someone leaves and the group adds a new member there should be complete consensus on who to invite.

If a member is having a crisis (death of a loved one, significant health challenge, divorce, food relapse, job loss, etc...) a member may ask for a longer group with extra time for them or even an extra group just for them. The others can decide to offer it without a request.

Each group is completely autonomous and can disband at any time.

If Zoom is used video should be on to stay focused unless the group feels otherwise.

Everything is a guideline or suggestion and the consensus of the group is always free to change anything.

The focus of the group should always be abstinence and recovery and avoid becoming a purely social gathering.