

Forms of service

Anonymous smalls - for all

1. Bring in wayward grocery carts
2. Unroll paper towel sections for next person
3. Clean up restroom sink area

WHEN I DO SERVICE, I AM FEATHERING MY OWN NEST.

Meetings

1. Be there
2. Share
3. Give your thumbnail when there are new folks at your meeting - newcomers can't tell just by looks where we are on our paths
4. Keep share succinct, being mindful of how many people are in the room
5. Share only once unless most others have shared
6. Offer to read
7. Offer to lead
8. Offer to open the room - set up chairs, tables, get out materials
9. Arrive early to help the opener set up
10. Stay late to help restore order
11. Be open and friendly with newcomers to ensure all feel welcome

Be creative in service!

- Weekly newsletters for those who *want* to be included
- Look for workshops, retreats, special podcasts that fellows might want to know about
- "Hold a space for" newcomers or potential fellows who have differences from the group at large, such as agnostics/atheists; under-represented people of color or ethnicity; people of faiths under-represented in the fellowship such as Muslims or Hindus; new Americans, people with disabilities, people in their 20s and 30s, men, and LGBTQI+ folks.

Service positions

1. Take a service position in your meeting.
2. Relinquish your service position at the end of your term so another person has an opportunity to serve - and for the health of your meeting.

Personal outreach: attraction not promotion

1. OA is not a secret organization: Be open about being a member
2. Help normalize OA as a path to holistic recovery from compulsive eating: Be open about being a member
3. Help normalize compulsive eating as an illness and not a shame: Be open about being a member
4. Post OA cards in libraries, restrooms, grocery stores
5. Share membership in OA with your healthcare providers, including dentists (for anorexic and bulimic fellows)
6. Advanced: Start a new meeting - ANYONE can do this

Personal outreach in fellowship

1. Phone calls
2. Texts
3. Emails

“My sponsor told me to contact ...”

“How are you doing?”

Group outreach

1. Bariatric clinics
2. Endocrine/diabetic practices
3. Health fairs
4. High schools and universities (especially re: bulimia)

Sponsor

- Always remember the newcomer.
- Avoid saying I'm a sponsor and not available.