

Welcome to the Growing Membership Worldwide Workshop

Welcome! This workshop can work with any number of people in attendance. Divide the group into tables, each with the same number of participants. Each booklet has a colored dot; colored dots are easily obtained at any stationery store. The main point is to meet as many people as time allows for this workshop. We want to foster reaching out and meeting new people.

LEADER

“I’d like to start with the Serenity Prayer:

*God grant me the serenity to accept the things I cannot change,
Courage the change the things I can
And wisdom to know the difference.”*

Introduce the Workshop Concept

LEADER

“In 2017, in keeping with the World Service’s three-year strategic plan, a workshop was presented called ‘Amazing Recovery: Passport to Unity.’ In that workshop, we asked you to find commonality and unity among people who were different than yourselves. In 2018, the workshop ‘Roadmap to Recovery’ was presented, which was intended to unify us in overcoming common obstacles and roadblocks met and conquered while journeying through recovery. Today, we bring to fruition the third year of our strategic plan with this workshop, ‘Growing Membership Worldwide.’ If each person here would reach out and help someone today, our Fellowship would grow exponentially.

“Yes, we realize that not all people who need this program want it. Tradition Three states that the only requirement for membership is a desire to stop eating compulsively, however, and we must embrace every person who walks through the doors. Some find quick recovery; some do not. There are no failures in recovery, just slower successes. When a member walks out, they should know that the door is always open for them to return. They will be welcomed back whenever they are ready.

“Our Fifth Tradition states: ‘Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.’ That means that each person here today has one goal: to help those who still suffer. We lead and show by example. We demonstrate through our actions and behaviors the miracles that a Higher Power and the program of Overeaters Anonymous have brought to our lives.

[Leader reads the Third Step Prayer on page 63 of the Big Book.]

“In truth, difficulties never go away. That’s part of being alive. It’s how we handle these difficulties that shows others the power of recovery in Overeaters Anonymous.”

Instructions for Participants in the Workshop

LEADER

“With each step, please listen to all the directions before moving around and talking with each other. In front of you, there is a booklet. This is yours to write on and keep. Each booklet has a colored circle/dot on it. Please look at the color of this dot. In past workshops, you remained seated and different travelers and moderators came to your tables. Because recovery is a fluid process, however, each one of you will move to different tables and get the opportunity to meet several new people today. If you have difficulty moving in any way, that’s fine. Please take a booklet with a YELLOW dot. You will still be part of this interactive workshop, just stationary.

[Leader waits for participants to organize themselves.]

“There are questions in the booklet to talk over and answer with your tablemates. Please choose a secretary to record your thoughts and ideas.

[Participants choose the designated secretary at their table.]

“Now, please answer the first set of questions, titled ‘Carrying the Message to Potential Members.’ You will have ____ *[choose a time that works for your workshop]* minutes to discuss these topics. At the end of ____ minutes, please stop and listen to the next set of instructions. Please begin.

[Participants discuss the set of questions for ____ minutes.]

“Please stop. Thank you. Will the people with BLUE DOTS ONLY please stand and move to the next numbered table... 1 to 2, 2 to 3, etc. Look at the screen for directions if necessary.

[Leader waits for participants to organize themselves.]

“Please meet your new tablemates and continue to answer the second set of questions in your booklet, ‘Talking to Newcomers and Member Retention,’ while talking to newcomers.

[Participants discuss the set of questions for ____ minutes.]

“Please stop. Thank you. Will the people with RED DOTS ONLY on their booklets, please stand and move?

[Leader waits for participants to organize themselves.]

“Each table now has new people. Get acquainted and answer the third set of questions, titled ‘Unity: Our Common Welfare with Worldwide OA.’

[Participants discuss the set of questions for ____ minutes.]

“Please stop. This will be the last time to meet new people at this workshop. People with BROWN DOTS ONLY please stand and move to the next table.

[Leader waits for participants to organize themselves.]

“Please talk with your newest table mates and continue to discuss the fourth and last set of questions in the booklet, labeled ‘Action Plan: Each One, Reach One, Every Day.’

[Participants discuss the set of questions for ____ minutes.]

“Thank you all for participating in this interactive workshop. We’d now like to invite anyone to the podium who would like to share their experience, strength, and hope as inspired by this workshop.

[Volunteers share at the podium for ____ minutes.]

“We hope we have sparked a new energy in each participant here today. As you continue this week, smile, meet, and get acquainted with people you don’t already know. **If each one here reaches out each day to share our message of hope**, we cannot fail in our primary purpose. Think of how many newcomers we could have next year! Thank you!”

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Overeaters Anonymous®, Inc.
6075 Zenith Court NE
Rio Rancho, New Mexico 87144-6424 USA
Mail Address: PO Box 44727, Rio Rancho, NM 87174-4727 USA
Tel: 1-505-891-2664 • FAX: 1-505-891-4320
info@oa.org • www.oa.org