

**Step Twelve:** Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

**Tradition One:** Our common welfare should come first; personal recovery depends upon OA unity.

**Tradition Five:** Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

**OA Responsibility Pledge:** Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible.

**2019 OA Strategic Plan:** Growing OA Membership Worldwide

**EACH ONE, REACH ONE, EVERY DAY—  
CARRYING THE MESSAGE OF HOPE**



***Growing Our Membership Worldwide***

**W O R K S H O P**

## Welcome to this OA workshop:

# Each One, Reach One, Every Day

## —Carrying the Message of Hope

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### What if every OA member took action to carry the message of recovery to at least one person every day?

The goal of this workshop is to generate useful ideas to GROW OA MEMBERSHIP WORLDWIDE and to encourage all members, groups, and service bodies to join in the “Each One, Reach One, Every Day” movement!

In this workshop today we have abstinent, committed OA members from all walks of life, and we will be drawing on YOUR experience!

We will work together in discussion groups to answer the questions in this booklet. Each question is designed to help us generate ideas that can be implemented by both ourselves and other members in local (and virtual!) fellowships.

Our hope is that you will carefully consider these ideas and initiate projects to grow OA membership worldwide.

Thank you for your enthusiastic support of OA!

### CARRYING THE MESSAGE TO POTENTIAL MEMBERS

1. What got me “in the door” of OA?
2. What is the best one-on-one encounter you’ve had introducing someone to OA?
3. What is the most simple, easy idea I have heard for carrying the message of OA?
4. What is the best public information/professional outreach project your intergroup or group has ever put on?

### TALKING TO NEWCOMERS AND MEMBER RETENTION

5. What is the best way to greet a newcomer?
6. How can I help and encourage a newcomer in OA?
7. What keeps me in OA?
8. How do I carry the message of HOPE in my meeting?
9. What is the best way to make coming back an attraction?
10. How can I help and encourage a member who is struggling?

### UNITY: OUR COMMON WELFARE WITH WORLDWIDE OA

11. How can I understand the challenges of OA in countries other than my own, and how can I be of service to these members?
12. How might I expand my OA circle by attending virtual meetings?
13. How can face-to-face and virtual meetings help one another?
14. How can I help OA members who do not have literature in their own language?
15. How can I reach beyond my own meeting and service body to find ways to help those in OA in other areas?
16. How can I support meetings which have a different way of approaching the program than I do?

### ACTION PLAN: EACH ONE, REACH ONE, EVERY DAY

17. What actions can I take to help grow OA membership?
18. What actions can I ask OA friends and sponsees to take with me?
19. What actions can I ask my meeting to take?
20. What actions can I help my intergroup/service body take?
21. **How can we make taking action to grow OA membership an ongoing, daily recovery action for every OA member?**