

## **How to Start a Meeting of Overeaters Anonymous**

**Starting an OA meeting in your area is easy.** The World Service Office is here to support you in your efforts to carry the message of hope and recovery. This form of service will add to your own program of recovery! All you need is a desire to stop eating compulsively and the willingness to start the meeting.

**Order the “New Group Starter Kit”, item #730 at US\$20 (plus shipping and handling).** It contains items to help get your meeting off to a good start. The kit also includes *Where Do I Start?* and the *Suggested Meeting Format*. You will also receive a sampling of our pamphlets (2 of each), a sign in sheet, and a “Newcomers Packet.” (Note: Your service body may offer these materials for less cost.)

**Download the OA Handbook for Members, Groups, and Service Bodies.** The *OA Handbook* will come in handy with ideas for spreading the news in your community about the meeting and as a guide to your group as it grows. It can answer many questions over the years to come. Download [here](#).

**Find a meeting space.** Be sure to check out churches, community centers, schools, and libraries, as well as the hospitals. Each group ought to be self supporting, so be sure that your group considers a donation, should the facility you choose not charge you rent. For virtual meetings, there are many audio and video conferencing platforms that offer services for free or at a nominal fee.

**Submit the New Group Registration/Change form to the World Service Office.** We suggest you do this as soon as you start your meeting so it can be listed in our Find a Meeting database and people searching for a meeting in your area can find you. Please be sure to keep the World Service Office informed of any changes that occur regarding your meeting. Contact name (first name only) and phone number are important. This is how the newcomer or traveling member gets more information about the meeting. Each meeting must have a contact name and number. If there is no one in your group who wants to be listed as the contact, you can use the intergroup or service board name and number should you choose to affiliate with one.

**We strongly suggest that your group affiliate with an intergroup or national service board.** An intergroup/national service board is made up of several groups in a locality or a virtual community. Its purpose is to serve and represent the groups of which they are composed and act as the guardian of the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service. Affiliation gives the group access to this support. At some point your group will need an intergroup/national service board representative to attend the intergroup/national service board meetings and be part of the OA community in your area. The intergroup/national service board can be helpful in supporting your meeting during this initial phase of your development. Please contact the World Service Office if you need assistance in locating an intergroup or national service board.

**Check out other meetings!** If there are no OA meetings in your area and you are not very familiar with OA, you might want to consider taking a “field trip” with some other potential members to visit the meetings outside your area that are more established. It can be great fun traveling with a carload of compulsive overeaters and great for your recovery. It is also helpful for the groups that you visit. They may want to return the favor and bring members to your meeting once your group has started.

**Get the word out!** A good idea is to investigate the *Public Information Service Manual* in the future. Its focus is on carrying the message in your community and offers several helpful suggestions and examples. It is item #762 and sells for US\$20.

**You are welcome to contact us at any time at [info@oa.org](mailto:info@oa.org) or 1-505-891-2664. Thank you for carrying the message of recovery.**