

**OCA Friday 8:45 EST to 9:15 EST Meeting. Meeting is now only 1 hour long.**

*Notes for the meeting chair appear in red italics.*

## **OPENING**

Welcome to the Friday Night Victories and Goals meeting of Obsessive Compulsive Anonymous. My name is \_\_\_\_\_ and I'm your chairperson for this meeting.

Let us open the meeting with a moment of silence followed by the Serenity Prayer.

*Note: It is up to the chair to decide whether to read the Serenity Prayer with the group at the same time or to use the call and response format where the chair says a line and then the group repeats it back.*

*But please tell everyone which method you are using.*

God, grant me the serenity to accept the things I cannot change,  
courage to change the things I can and wisdom to know the  
difference.

This meeting is a forum for us to share our victories over OCD as well as any goals related to our OCD recovery that we would like to accomplish before the next Friday meeting. The first two meetings of the month will feature a qualification in which someone will share his or her victories, strength, and/or recovery goals with us, for up to 15 min, followed by sharing, the third meeting is a step meeting, and the fourth meeting is a story meeting, both followed by sharing. If there is a fifth Friday in the month, we will read the *Just for Today* text on the OCA website, followed by sharing.

If you are not reading or sharing we ask that you mute yourself by pressing the mute button. To unmute, just press the mute button again. This will help keep the line free from static and background noise. I may also mute anyone who has background noise. Thank you.

This is an open meeting. We are glad you are all here, especially newcomers. If anyone is here as a professional, or to support someone else, you are welcome to attend, but we ask that you not share (when we get to the sharing portion of the meeting).

It is customary to go around the room at this time and introduce ourselves, using our first names only. If anyone is new to OCA, or new to this meeting, please let us know, so we can welcome you. If you are here as a professional or support person, please introduce yourself as such.

Obsessive Compulsive Anonymous is a 12 step, 12 tradition-oriented fellowship, based on the model pioneered by Alcoholics Anonymous. The only requirement for membership is a desire to recover from OCD.

Occasionally members, especially newcomers, may hear someone share something that they find triggering. If this happens, we suggest that you stay after the meeting so we can support you. Most importantly, we suggest that you keep coming back in order to continue with your recovery.

In accordance with Tradition 10, when you are sharing, please keep your share confined to OCA recovery, avoiding discussion of outside issues such as religion, politics, outside literature or outside treatments for OCD.

Would someone please read the first paragraph of the forward on page iii?

Would someone please read the first 5 paragraphs on page 3?

Would someone please read the Recovery Program and the 12 Steps on page 17?

Anonymity is the spiritual foundation of our program. Who you hear here, what you hear here, when you leave here, let it stay here.

The other suggested tools of recovery include meetings, phone calls, abstinence, sponsorship, slogans, service, literature, writing, and prayer and meditation. Tonight, we will discuss three of these tools.

Would someone please briefly explain one of these tools & how it's working for him or her?

Would someone please briefly explain another one of these tools & how it's working for him or her?

Would someone please briefly explain one more of these tools & how it's working for him or her?

**Focus:**

Today's focus is on victories over OCD as well as goals for OCD recovery. A victory is defined as any action you have done to help – even in a small way– to lessen you OCD. A goal is defined as any anything related to your OCD recovery that you would like to accomplish before the next meeting. For example, a goal might be: *I plan to do the 3rd step prayer each day until the next meeting.* Keep in mind, it is helpful to keep goals specific and measurable.

Would someone please volunteer to be our Spiritual Timekeeper?

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**For the first 2 meetings of the month:**

To get us started, we will have a speaker who will share his or her victories, strength, and/or recovery goals with us, for up to 15 min. We will then open for sharing. Today our speaker will be \_\_\_\_\_.

*Ask the speaker when they'd like to be notified by the timekeeper.*

**For the 3<sup>rd</sup> meeting of the month. The focus is a STEP:**

Today's focus is Step\_\_\_\_\_ (The step will be whatever number the current month is. For example, if the month is October, the step is 10)

We will take turns reading the Step from the OCA text. After the reading, we will then open for sharing.

**For the 4<sup>th</sup> meeting of the month. The focus is a STORY:**

Would someone please volunteer a story from the OCA book for us to read? After we read it, that person can speak for a few minutes about the story if they would like (5 to 10 min). Otherwise, we will go directly into sharing after reading the story.

Let's turn to the story and takes turn reading it.

*After the story is read, the person who chose the story now has the opportunity to share if they want. Ask the speaker when they'd like to be notified by the timekeeper.*

**For the 5<sup>th</sup> meeting of the month, if there is a fifth Friday:**

Today's focus is on the Just for Today reading from the OCA website.

We will take turns reading the OCA text, and after the reading, we will then open for sharing

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***Every week, after the speaker, story, step, etc. is finished:***

It is now time for sharing. Shares are limited to 3 minutes with a 1-minute warning. Our Spiritual Timekeeper will give notice when there is one-minute left by saying "One Minute". Please let the timekeeper know you've heard and start to wrap up. The timekeeper will say "Time" when your time is up.

**Crosstalk statement**

*Note to chair: You can say something similar to the following. But change it up from time to time – ad lib, give some examples, etc. – to keep people from getting used to the statement & tuning it out:*

In this meeting, please remember that we don't do crosstalk. That means that:

We don't talk directly to another person.

We don't talk about specific people by name.

We don't make comments or judgements, good or bad, about other people's shares.

This includes the main speaker. It's OK to thank them briefly for speaking.

If you're new, or think you may have a problem with OCD, you are welcome to share. If you are here as a professional or support person, we ask that you not share.

If anyone has questions about OCA, please stay after the meeting to ask them.

Today our focus is on our victories over OCD and recovery goals

Who would like to begin?

*At the chair's discretion:*

- *If there is a lot of silence, the chair can say something like: You can share on whatever goal you're working on, or anything OCA related.*
- *If someone asks what the topic is, or whether they have to share on the topic: The chair can say the topic is on our victories over OCD and our recovery goals. The chair can also add something like: Or whatever step you're working on, or anything OCA related.*
- *If someone is going on about outside issues, the chair is empowered to gently guide the person sharing back to the topic.*

*Around 10:00 EST:*

#### **SEVENTH TRADITION**

According to the seventh tradition, we have no dues or fees, but are self-supporting through our own contributions.

**For the 1<sup>st</sup> Friday of the month**, hand over the meeting to our current treasurer (Kelly) for an end of month treasurer's report. If the treasurer is not at the meeting, you may continue with the general treasury statement below:

*If you wish to make a donation for this meeting you can do so via Venmo posting funds to [@Kelly-McCall-57](#). You can create a Venmo account at Venmo.com if you wish. If you prefer to mail a check or need financial support to purchase a book, please reach out to the treasurer Kelly for her mailing address at [kpmccall@gmail.com](mailto:kpmccall@gmail.com) or (828)284-3445. Pls text first.*

**For all other Fridays**, read the below statement and paste the info into the chat window:

If you wish to make a donation for this meeting you can do so via Venmo posting funds to [@Kelly-McCall-57](#). You can create a Venmo account at Venmo.com if you wish. If you prefer to mail a check or need financial support to purchase a book, please reach out to the treasurer Kelly for her mailing address at [kpmccall@gmail.com](mailto:kpmccall@gmail.com) or (828)284-3445. Pls text first.

## OCA ANNOUNCEMENTS

If you would like to receive the OCA phone list, please send an email to **ocaphonelist@gmail.com**. If you want to be added to the phone list, please provide your name, phone number & time zone. If you don't have access to email, please let us know after the meeting & someone can mail you a printed copy.

Are there any other, brief OCA-related announcements?

After the meeting there is usually some fellowship time. This is a good time to ask any questions, get some phone numbers or find a temporary sponsor. To participate, just stay on the line when the meeting is over. Please leave the first few minutes for newcomers to introduce themselves or for those who may have questions. According to our agreed-upon rules, there is no political discussion during fellowship time.

Would someone like to volunteer to stay on the line after the meeting & answer questions?

Is there anyone who is available to be a sponsor or temporary sponsor.

*If there's still time, you can ask for anyone else to share.*

*Around 9:35 EST (with about 10 min left)*

## AFFIRMATIONS, PRAYER REQUESTS, AND CLAIM YOUR SEAT

The last few minutes of sharing are reserved for those who would like to make a brief prayer request, claim their seat for the call, or state an affirmation of one thing they plan to do in the upcoming week to aid their OCD recovery. You're welcome to request a prayer for yourself or someone in your life. Prayer requests should not involve famous people who are strangers, such as political figures or any other celebrities. Claiming your seat means stating your name and simply announcing your presence at the meeting—a good option for someone who is not interested in speaking today. If you choose to make an affirmation statement, an example of an affirmation statement is "I affirm that I will make two outreach calls in the upcoming week." Another example of an affirmation statement is "I'm affirming to take care of myself and set boundaries."

Who would like to start us off?

*Around 09:40, wrap up with the following:*

Thank you to those who read and shared today and to our speaker \_\_\_\_\_ and spiritual timekeeper \_\_\_\_\_.

OCA is a fellowship focused on recovery from OCD. Any victory over OCD – *no matter how big or small* – is *always* a step closer to recovery.

## CLOSING

Would someone please read the Promises of Step 9 on page 34?

The things you have heard here were given in confidence and should be treated as confidential. The opinions expressed here were strictly those of the individuals who gave them. Talk to each other, reason things out – let there be no gossip or criticism of one another, but only love, understanding and companionship.

Will those who wish, please join in the “we” version of the Serenity Prayer:

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