

## **OCA Monday 8:45PM EST (Zoom)**

### **MEETING FORMAT v4**

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

*Prior to the meeting, make sure chat, reactions, and screen share are disabled.*

### **OPENING**

Welcome to the Monday 8:45p OCA Text Zoom 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.

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 focuses on excerpts of the OCA text how we apply them in our recovery from OCD.

The meeting rotates between an OCA story or reading another excerpt from the OCA book. Today's meeting is a \_\_\_\_\_.

If you are not reading or sharing, we ask that you mute. This will help keep this video conference free from static and background noises. Thank you.

This is an open meeting. We are glad you are all here, especially newcomers. Please respect our members' anonymity. 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.

Would someone please read the letter by the medical doctor that starts on page 7?

Would someone please read "The Recovery Program" and the 12 steps of OCA that starts on page 17?

Would someone please read the Tradition for this month on page 213 or 214?

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. Would someone please briefly explain a tool & how it's working for him or her?

**Format, depending on week of the month:**

***Story Meeting:***

Today's focus is an OCA story. We will take turns reading about 1 page of a story from the OCA text. After each page, the reader will say "pass" and there will be an opportunity to share or resume reading. 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, & start to wrap up. The timekeeper will say "Time" when your time is up. If we don't finish the reading we can pick up where we left off next month or you are welcome to read the rest of the story on your own and make an outreach call to share.

Would someone please volunteer to be our Spiritual Timekeeper?

**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.

To facilitate this, the chat and screen share features have been disabled. Please do not use the reactions feature to clap or give a thumbs up, as this is a form of cross-talk.

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.

***At the chair's discretion:***

- *If there is a lot of silence, the chair can say something like: You can share on whatever step 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 what the topic is (Gratitude, Step \_\_\_\_ or Tradition \_\_\_\_). 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. (Gratitude, Step, Tradition, or anything OCA related)*

*Read story from OCA text then open up for sharing after each page.*

### **Other OCA Text Meeting:**

Today's focus is an excerpt from the OCA text that is not a story. If it is multiple pages, we will take turns reading about 1 page of a story from the OCA text. After each page, the reader will say "pass" and there will be an opportunity to share or resume reading. 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, & start to wrap up. The timekeeper will say "Time" when your time is up. If we don't finish, you are welcome to read the rest of the excerpt on your own and make an outreach call to share.

Would someone please volunteer to be our Spiritual Timekeeper?

### **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.

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To facilitate this, the chat and screen share features have been disabled. Please do not use the reactions feature to clap or give a thumbs up, as this is a form of cross-talk.

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.

### *At the chair's discretion:*

- *If there is a lot of silence, the chair can say something like: You can share on whatever step 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 what the topic is (Gratitude, Step \_\_\_\_ or Tradition \_\_\_\_). 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. (Gratitude, Step, Tradition, or anything OCA related)*

*Read story from OCA text then open up for sharing after each page.*

*Around 9:30 EST:*

## **SEVENTH TRADITION**

According to the seventh tradition, we have no dues or fees, but are self-supporting through our own contributions. The phone meeting has no expenses. If you would like, you are welcome to send a contribution to OCA World Services: PO Box 215, New Hyde Park, NY 11040.

## **OCA ANNOUNCEMENTS**

If you would like to be added to the OCA phone list, please send an email to [ocaphonelist@gmail.com](mailto:ocaphonelist@gmail.com). 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 help you.

Are there any other, brief OCA-related announcements?

## **CHAIRING ANNOUNCEMENT**

We are currently looking for people to chair this meeting during certain Monday's of the month, particularly the 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Monday (when there is a 5<sup>th</sup> Monday). If you are interested, please reach out to Jake K (540-553-2118)

A few things to know about chairing:

- You don't have to be fully recovered to chair an OCA meeting.
- You don't have to have completed the steps.
- When you are chairing, you will be reading a script that will be sent to you well in advance of the meeting.
- Chairing a meeting helps your own recovery.
- In order to keep this meeting going, we need people to help chair meetings. Any help is greatly appreciated!

Again, reach out to Jake K if you are interested in chairing a Monday meeting.

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.

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

If anyone is available to be a sponsor, please stay on the line after the meeting.

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

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

## **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 after a moment of silence:

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