

Wednesday Night Compulsive Anonymous Group: CHAIR

Thank you for being the chair! Your role is to be the chair of the meeting for **one month**. The chair runs the meeting, and also starts the zoom meeting, muting any participants if there is background noise. You will see a script below that you can follow. Below are the first few steps to actually getting the meeting started on zoom. After those steps, you will see the script you can read during the meeting! If you have any questions during the meeting, other members can help! The person that chaired the month before you can also help if you want some guidance on chairing and learning the ropes of zoom! :)

***If you need someone to cover for you as chair for one of the meetings**, feel free to reach out to the WhatsApp group and ask if someone can cover. You can also contact Willow or Elise and they can help find someone to cover for you.

Willow Central Time-256-468-5721

Elise Pacific Time 949-380-7167

Starting the Zoom meeting: (Do this at least 5 minutes before the meeting starts if possible) 1) **Go to zoom or click this link:** <https://zoom.us>

2) **Click “Sign in”** tab at the top and use this log in information: Email: ocazoomhost@gmail.com

Password: Oca601805

3) **Click on the tab called “Meetings”** on the left side of page.

4) You will see a meeting that says **recurring “OCA Zoom Meeting.”** Hover your mouse over the title of the meeting, and you will see the **start button** to start the actual meeting. Click allow when it prompts you and use computer audio when it asks you. (Zoom guides you through the steps)

5) When you get into the meeting, you will see that you are the host, and have to allow participants into the meeting. If you want to **disable the**

waiting room, so you don't have to keep allowing people to come into the meeting when it asks you, click "**Security button**" at the bottom, and click the "Enable waiting room" option. This will disable the waiting room and people will be let in automatically. This frees you up during the meeting so you don't have to keep clicking to accept each person coming into the meeting.

6) During the meeting, **please mute all participants to prevent background noise**. You can also create a co-host to help you with this if you don't want to worry about it. Simply click participants, hover over their name, and click to make them co-host. You can ask at the beginning of the meeting if anyone would be willing to help you with this.

Here is the script to read for the Wednesday night meeting that starts at 5:30 PM Pacific Time

Intro

Welcome to the Wednesday Night Obsessive Compulsive Anonymous (OCA) Meeting. My name is _____ and I have OCD; I'll be your chairperson today. On the first, fourth, and fifth Wednesday of the month we will read a story from the OCA text. The second Wednesday is a step study meeting and the third Wednesday of the month we have a speaker, who will share their experience, strength and hope.

Tonight is a _____ meeting.

This is a closed meeting which means only people with obsessive compulsive disorder (OCD) or those who think they have a problem with OCD may attend. The third Wednesday of the month is an open meeting where anyone may attend.

There are daily phone meetings and 5 Zoom meetings a week for OCA in the United States. If you are new to OCA, welcome! We are glad

you're here! We will share information later on in the meeting about program related literature and how to stay connected with the group. Please stay after the meeting for fellowship and questions.

Zoom Etiquette

Please keep your microphone muted unless you are reading or sharing. No recording is permitted. Please refrain from using the chat window until the end of the meeting unless you are exchanging contact information.

Introductions

At this time we will introduce ourselves. Feel free to unmute yourself by pressing the microphone icon and say your name. If you like, you can let us know where you are calling from and if you are new to this meeting.

Anonymity Statement

Anonymity is the spiritual Foundation of our program, ever reminding us to place principles before personalities. It is a major tool in helping us feel safe enough to share about our OCD with others. Can someone please briefly define anonymity? (Read if no one volunteers- "Who you see here, what you hear here, when you leave here, let it stay here").

Readings from the Obsessive Compulsive Anonymous Book

Can someone please read the **Forward** on Page iii?

Can someone please read the **What We Have Discovered at OCA** on page 15?

(If there is a newcomer) Can I have a volunteer read **Some Helpful Suggestions** on page 195? (*You don't have to read all of these. Maybe three.*)

Can someone please read the **The Recovery Program** on page 17?
(The last Wednesday of the month read) Can someone please read the
The Twelve Traditions of

OCA on p.213?

Thank you everyone for reading.

Other Tools

The other suggested tools of recovery include meetings, phone calls, abstinence, sponsorship, slogans, service, literature, writing, prayer and meditation. Would someone briefly explain **one** of these tools and how it's working in your recovery.?

Intervals of Recovery

Here at the Wed Night Meeting, we recognize and celebrate intervals of recovery: 30 days, 60 days, 90 days, 6 months, 9 months and year anniversaries. We define recovery time as the date of your first meeting until now. Is anyone here celebrating an OCA anniversary?

(If so, continue reading. If nobody is celebrating, skip to the next paragraph.)

Congratulations!!! (clap) (If someone is celebrating a year or more, they are welcome to share now)

Congratulations on the time you all have and thank you for being here so that we may all share our recovery together. Please keep coming back.

(If it is the 1st, 4th or 5th Wednesday of the month go to the “Story Meeting” section. If it’s the 2nd Wednesday of the month, go to “Step Meeting” section. If it is the third Wednesday of the month, skip to the “Speaker Meeting section below.)

Story Meeting (skip this section if it is a Speaker Meeting)

We will now read from the OCA basic text. (*Indicate the step or story, page number and book- As chair, you can either pick a story you want, or have someone suggest one they would like read*) Feel free to unmute yourself and read a paragraph or two. Reading is optional. After we have completed the reading, the chairperson will share and then the meeting will be open for sharing.

(Begin reading story. Continue after reading the story.)

Thank you all for reading.

(After chairperson finishes sharing go to the “Sharing” section below)

Speaker Meeting: (Skip this section if it is a story meeting. If it is a speaker meeting, either find a speaker ahead of time or ask for a volunteer to be the speaker.)

(If it's the third Wednesday of the month, read) Tonight we are pleased to have _____ as our speaker. _____ will have up to 15 minutes to share on a topic or to tell their story and then the meeting will be open for sharing. I'll now turn it over to our Speaker _____ (name).

(Speaker shares now. Continue after they have completed their share.)

(Clap after speaker has shared)

Thank you for your share.

Step Meeting: *(There is a separate person who has the CD's that play recordings for the different steps.)* “I will now pass it over to Cory who will play a recording from the founder of OCA that walks us through a specific step. After the recording is done, then we will have time for sharing.” *(As chair, you can share during the general sharing time if you want to)*

**If for some reason Cory is not present, you can just do a story meeting instead.*

Sharing

Now the meeting is open for sharing. You may share on the readings, your recovery from OCD, or anything else related to your health and well-being. Sharing is optional. Please remember there is no crosstalk at this meeting, including in the Zoom Chat window. We refrain from commenting, criticizing, giving advice, or speaking directly to someone else. This ensures a safe environment for everyone. If you have questions about how the program works or sponsorship, please hold them until the meeting has closed and we will be happy to answer them then.

Would someone please be willing to be our **spiritual timekeeper** tonight? (*Wait for someone to volunteer*) Speakers may share for 3 minutes. The timekeeper will say “one minute” when you have one minute left, and then “time” when you are out of time. Sharing will go until 6:40pm PT/9:40ET (*or 6:30p if there’s a business meeting*).

If you would like to share, please raise your blue hand and you will be called on in order. If you are not familiar with the Raise Hand function on Zoom, feel free to unmute yourself and hop in.

(At 6:40) Thank you all for attending and sharing your experience, strength and hope! (clap) We will now take a break for some announcements.

Announcements:

First copy this information in the chat on zoom, and then read the information below so they know what this information means:

-Please send money via Venmo to @Jake-Kinzie.

-Literature information can be found here: <https://obsessivecompulsiveanonymous.org/?q=node/4>

-To get a copy of the phone list, or to request to be added to it, email

ocaphonelist@gmail.com

-To be added to WhatsApp group, text Krista at 1-917-626-0257

Now you can read these announcements after copying the info. above:

To donate funds to this group and OCA please send any contributions to Jake, our treasurer. Please see the message I posted in the group chat with the Venmo information.

There is some great literature in this program that can be found on the OCA website or amazon. We have a main book that covers the 12 steps of the program with OCD stories of inspiration, a book for family and friends, and then a cassette package that walks you through all the steps. If you would like more information about how to get the different literature, please stay after the meeting and someone can let you know the details. I also posted the website in the chat where you can find the literature.

We have a phone list that is available so you can contact people in the program for support. You can either have your phone number added, or just request a copy of the phone list. See details in the chat on who to email.

If you'd like to stay connected with fellowship, there is an OCA WhatsApp group called "OCD Gratitude and Support", where we also discuss non-12 step approaches such as medication and therapy. If you'd like to be added to the whatsapp group, please text Krista - I put her phone number in the chat.

Sponsorship: A sponsor has working knowledge of the 12-Steps and can guide you through the process. Anyone who is available to be a sponsor, please let us know in the chat.

Are there any OCA related announcements?

Are there any non-OCA related announcements?

Commitments

At this meeting, those who care to, can make a commitment to something they will do during the week to assist their OCD recovery. If you would like to briefly make a commitment or report on one you made at a prior meeting, please feel free to do so now.

The Promises

Would someone now please read the Promises on p. 34?

Confidentiality Reminder

The things you have heard here were given in confidentiality and should be treated as confidential. The opinions expressed here are 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.

Serenity Prayer

After a moment of silence for those suffering from OCD in and out of these rooms, can someone please lead us in the “We” version of the Serenity Prayer.

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

Thank you all for coming, please keep coming back! Please feel free to stay on after the meeting for fellowship and to ask any questions about the OCA program.

(Note to chair: If you can't stay after the meeting, you can ask someone else to be the host after the meeting so that you can leave the meeting. If no one volunteers, you can either say you are

going to end the meeting, or you could say you are going to step away from your computer but feel free to keep chatting if needed. Make sure to sign out of zoom after the meeting closes. Once you click leave meeting as the host, it will end the meeting.)

Thank you for your service as Chair!!