

OCA SUNDAY/THURSDAY MEETING FORMAT

OPENING:

Good evening everyone.

Welcome to the _____ (day of the week) meeting of Obsessive Compulsive Anonymous. My name is _____ and I'm your chairperson for this meeting.

We'll begin our meeting with a moment of silence followed by the Serenity Prayer.

This is a rotating meeting, which means we use a different focus each week, rotating between step, story, qualification and topic. Today's focus is:

(Note to Chair: Only read the relevant week)

Week 1 "Today's focus is a Step Study meeting – where we describe our current relation to, or progress in today's step as described in the OCA literature. Today's focus is Step ____".

(Note to Chair: The step coincides with the month of the year. For example: January is Step 1, February is Step 2...)

Week 2 "Today's focus is reading a Story from the OCA literature. Afterwards, we will share our feelings and reflections."

Week 3 "Today's focus is a qualification meeting where _____ (name) will share his or her experience, strength and hope with us. The speaker shares for 10-15 minutes, or less if they prefer."

Week 4 "Today's focus is a topic meeting. The speaker will share for 10-15 minutes or less on a relevant issue, problem, solution, or common emotion pertaining to OCD recovery."

Week 5 "Today's focus is a Tradition meeting. Since it is the _____ month of the year, we are on tradition _____. For our newcomers, the 12 steps are for our health and wellbeing. The 12 traditions are for the health and wellbeing of our fellowship. This is not a typical meeting but you will hear a lot of recovery at this meeting."

(Note to Chair: For example, since January is the first month of the year, we are on tradition one).

Note to Chair: *If you have not already asked someone, ask now for someone to speak for a few minutes on the meeting's focus.*

Introductions

It is customary to go around the room at this time and introduce ourselves, using our first names only.

Mute the line:

Will the person on the dashboard, please mute the line? *(pause as the person mutes the line. The chair may have to press star 6 to unmute).*

If you are not reading or sharing we ask that you mute by pressing star 6 on your phone. To un-mute, just press star 6 again. This will keep the line free from static and background noises. Thank you.

Would someone please read the “Foreword” in our OCA book on page iii?

Would someone please read “To Those of Us Who Are New to OCD” on page vii?

Would someone please read “Some Helpful Suggestions” on page 195?

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

Would someone please read the “12 Traditions” on pages 213-214?

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 are meetings, phone calls, abstinence, sponsorship, slogans, service, literature, writing and prayer and meditation. We invite you to share for approximately 1 minute of your choosing. We will share on 3 of the 10 tools of recovery. It is suggested to share on a tool that has not been chosen **recently**. Who would like to share on one of our tools?

Would someone please volunteer to be our Spiritual Timekeeper?

Do we have a volunteer to be our Newcomer Greeter to stay on the line to greet newcomers and answer questions for a few minutes after the meeting?

(Note to Chair: The speaker begins the step, story, qualification or topic. Ask the speaker when they'd like to be notified by the timekeeper. In the case of a step or story, members of the fellowship take turns reading it from our book “Obsessive Compulsive Anonymous” before the speaker starts).

When the speaker is finished:

We are now open for sharing and we suggest that shares be kept to a maximum of 3 minutes per person. Our Spiritual Timekeeper will give notice when there is one-minute left by saying “One Minute”, and when three minutes are past they will say “Time”. Please let the timekeeper know you've heard and wrap up appropriately. We have found it helpful when sharing to stick to the topic of discussion, although anything may be said by anyone (please respect our 12 Traditions). In keeping with the 10th Tradition, we take no opinion on outside issues and use only conference-approved literature. Only the chairperson, who is speaking on behalf of the group, shall acknowledge the person

who is about to share and will again acknowledge that same person when they have finished. All other meeting participants shall remain on mute until it is their turn to share.

There is no crosstalk at these meetings - which means we refrain from commenting, criticizing, giving advice or editorializing on what others share in the meeting - to ensure a safe environment for everyone. Members often talk with each other after the meeting closes. Foul or abusive language, sexual innuendos, sexual harassment, harassment of any kind, or anything that can be construed as harassment, will not be tolerated at any of our meetings.

As you share your experience and strength in OCA, please also share your hope. Please confine your sharing to your experience with the disease of obsessive compulsive disorder, the solution offered by OCA and your own recovery from the disease, rather than just the events of the day or week. If you are having difficulties, share how you use the program to deal with them.

Who would like to begin sharing?

~around 10:00 PM (Eastern Standard Time) ask:

Are there any newcomers on the line who would like to introduce themselves by first name only? You may also share if you want to.

TREASURER'S BREAK:

According to our 7th Tradition, we have no dues or fees, but are self-supporting through our contributions. OCA World Service has many related outside expenses, including outreach services to the newcomer, updating our website, and purchasing and mailing books. They also pay someone to manage their website. For those who are able to do so, we suggest that you send in one donation per month of one dollar per meeting to:

OCA World Service
P.O. Box 215
New Hyde Park,
New York 11040

Any other donations are appreciated as well. The address is also on our OCA website. For those who are unable to donate at this time, please keep coming back. You are all welcome and we greatly appreciate your attendance.

OCA ANNOUNCEMENTS:

Are there any OCA-related announcements?

Do we have members on the line who are available to sponsor or to get someone started?

You can also check the phone list for sponsors.

If you would like to get a copy of the phone list or add your name and number to it, send an email to **ocaphonelist@gmail.com**.

(Note to Chair: If there's still time, you can ask for anyone else to share.)

CLOSING:

Thank you to those who read and shared tonight and to our speaker and spiritual timekeeper.

After the meeting you may stay on the line for fellowship. Please allow newcomers to ask any questions they may have first: One-on-One conversations are best held privately. Please note that others may be on the line who can hear your conversation.

Would someone please read the "promises" on page 34?

(Read) 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 us in closing with the Serenity Prayer?

SERENITY PRAYER

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

OCA Sunday/Thursday business meeting format – October 2021