

## **OCA Sunday 1:00 EST to 2:30 EST Meeting**

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

### **OPENING**

Welcome to the Sunday Afternoon Writing and Meditation 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 is a safe place for us to share our experience with OCD after we've had a chance to meditate/write on a specific focus related to our recovery.

The first meeting of the month is a Step meeting, which means we will take turns reading a Step, then we will have 7 min. to mediate and/or write on it, following by open sharing.

The second meeting is a Story meeting, which means we will take turns reading a Story, then we will have 7 min. to mediate and/or write on it, following by open sharing.

The third meeting is an Abstinence meeting, which means we will have someone share their conception and/or application of abstinence in their OCD recovery, then we will have 7 min. to mediate and/or write on Abstinence, following by open sharing.

The fourth meeting is a Gratitude meeting, which means someone will share their conception of gratitude within the context of their OCD recovery, then we will have 7 min. to mediate and/or write on Gratitude, following by open sharing.

If there is a fifth Sunday in the month, the meeting will be a Spirituality meeting, which means someone will share their conception of spirituality within the context of their OCD recovery, then we will have 7 min. to mediate and/or write on Gratitude, following by open 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 excessive background noise.

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).

We encourage members to turn on their video during the meeting in order to foster a sense of community among those living with OCD.

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.

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 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.

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

Would someone please volunteer to be our Spiritual Timekeeper?

### ***Focus – Week 1:***

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 now take turns reading the Step from the OCA text. After the reading, we will have 7 min. to write and/or mediate on the Step, then we will go directly into sharing.

Let's turn to the step in the OCA book and take turns reading it.

### ***Focus – Week 2:***

Today's focus is a Story. Would someone please volunteer a story from the OCA book for us to read? After the reading, we will have 7 min. to write and/or mediate on the Story, then we will go directly into sharing.

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

**Focus – Week 3:**

Today's focus is on Abstinence. To get us started, we will have a speaker who will share his or her's conception and/or application of abstinence within their OCD recover for up to 10 min. After the speaker's share, we will have 7 min. to write and/or mediate on Abstinence, then we will go directly into sharing.

Today our speaker will be \_\_\_\_\_.

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

**Focus – Week 4:**

Today's focus is on Gratitude. To get us started, we will have a speaker who will share his or her's understand of Gratitude as relates to their OCD recover for up to 10 min. After the speaker's share, we will have 7 min. to write and or mediate on Gratitude, then we will go directly into sharing.

Today our speaker will be \_\_\_\_\_.

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

**Focus – Week 5 – if there is a fifth week:**

Today's focus is on Spirituality. To get us started, we will have a speaker who will share his or her's understand of Spirituality as relates to their OCD recover for up to 10 min. After the speaker's share, we will have 7 min. to write and or mediate on Gratitude, then we will go directly into sharing.

Today our speaker will be \_\_\_\_\_.

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

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

It is now time for us to write and/or mediate on today's focus, which is \_\_\_\_\_. We will have 7 min. of quiet time for this. Our Spiritual Timekeeper will give notice when there is one-minute left by saying "One Minute," and then "Time" when the 7 min. is up.

***Every week, after the 7 min writing/meditation time is up:***

It is now time for sharing. Shares are limited to **4 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 \_\_\_\_\_

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 is going on about outside issues, the chair is empowered to gently guide the person sharing back to the topic.*

Around 2:15 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. (The address can be found in the OCA book or on the website.)

### **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.

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.*

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

Through this fellowship and with the tools of the program, we understand that there is always hope for recovery from OCD.

### **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:

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.