

These suggestions are intended for addressing the newcomer or those returning to OA.

Turn Ons for Newcomers and Returning Members

- Welcoming them personally, with compassion and empathy (remembering your very first day or first day back)
- Remembering names
- Remembering the newcomer is the most important person in the room (but don't say it)
- Seeking out the newcomer or returnee and talking to them; asking if they have questions
- Exchanging contact information
- Giving encouragement
- Offering to be a temporary sponsor or helping them find a sponsor
- Showing before and after pictures
- Talking about how OA is a spiritual program, not a religious program
- Sharing how you work the steps

- Providing meeting lists and pointing out which meetings you attend
- Offering to attend a meeting with them or offering to pick them up and take them to a different meeting
- Giving them a phone list and marking your name
- Inviting them for fellowship after a meeting
- Follow up with a phone call and/or text as soon as possible after first meeting them
- Showing them the literature and what you find helpful
- Educating them about the tradition of anonymity — who they see in a meeting, and anything they say or hear in the meeting is confidential.

Turn Offs for Newcomers and Returning Members

- Talking down or acting condescending
 - Preaching or trying to sell the program
 - Ignoring the newcomer or returning member after the meeting
 - Assuming returning members or newcomers are committed or willing to go to any length
 - Giving unsolicited advice
 - Talking first to people you know
 - Assuming a hug is OK—ask first
 - Sharing anyone's story but your own
 - Criticizing or judging any outside programs
 - Overwhelming returning members and newcomers
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The Twelve Steps of Overeaters Anonymous

1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Responsibility Pledge

Always to extend the hand and heart
of OA to all who share my compulsion;
for this I am responsible.



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