

## **Suggestions for Nurturing Newcomers at Your Meetings**

When a newcomer attends a meeting, we want them to feel welcomed and loved. We want them to know that we understand them and that they are not alone. Consider implementing the following suggestions to help a newcomer find a safe place in Overeaters Anonymous.

### **Does your meeting format include language for newcomers?**

Consider including specific language to welcome the newcomer:

- Are there newcomers here who would like to share?
- For Zoom meetings: If you are a newcomer and you didn't introduce yourself you can put your number in the chat and someone will contact you.
- If you are a newcomer, you are welcome to stay after the meeting to ask questions. We will leave the meeting open for a few minutes so you may copy contact numbers from the chat.
- Ask if there is anyone who would like to make an action plan to stay abstinent for the next 24 hours and then ask if there is anyone willing to stay after to help form the plan.
- Have a Newcomer Caller service position at your meeting who will contact a newcomer in between meetings. If you are new to sponsorship, consider taking this service position!

### **Are you willing to share with a newcomer?**

- When newcomers are present, be prepared with a three minute version of your story to share during pitch time.
- Offer your contact information to a newcomer.
- Arrange to meet with a newcomer outside of the meeting (virtual or in person).

### **Does your meeting have available sponsors?**

- Offer Region One's Sponsorship page:  
<https://www.oaregion1.org/sponsorship.html>  
This page provides information on virtual sponsors and finding a temporary sponsor using the Newcomers' First Twelve Days in OA.
- Consider being a temporary sponsor using the Newcomers' First Twelve Days in OA to help a newcomer get to know the program.
- Does your meeting have a plan for getting the "Where Do I Start?" Pamphlet to newcomers? If your meeting does not have funds to provide pamphlets to newcomers, you can request support from your Intergroup. If your Intergroup does not have the funds, you can request support from Region One.

### **Does your Intergroup host a newcomers meeting?**

- If not, there is a weekly zoom meeting on the Oregon Intergroup page. Here is the link: <https://oregon-oa.org/newcomers-to-oa/>
- Share the e-pamphlet, "To the Young Person."  
<https://bookstore.oa.org/pamphlets/to-the-young-person-280.asp>. Available on Amazon, Barnes and Nobel, and Apple Books. New stories for everyone.