



Welcome Newcomers Checklist

The person assigned to welcome newcomers to your meeting can use this checklist to ensure the basics are covered to make a new member feel warmly welcomed and well informed.

At the first meeting the newcomer attends:

- Provide newcomer with vital resources at a click or if in-person, a printed version

Provide "Where Do I Start" pamphlet to newcomer at their first meeting. Copies of "Where Do I Start" pamphlet can be purchased by the home group at www.oa.org or for the PDF version, paste this link in the chat box on a Zoom meeting:

<https://media.oa.org/app/uploads/2022/06/06121438/where-do-i-start-everything-a-newcomer-needs-to-know.pdf>

- Provide newcomer with an introduction to www.oa.org, an "Introduction to 12 Steps", the "Are You a Compulsive Eater" quiz, and "the find a meeting button"
<https://oa.org/and-your-journey-begins/>

- Provide newcomer with an introduction to Region One resources including specific info on landing page about newcomer meetings in Region One.

<https://www.oaregion1.org/newcomers.html>

- Help newcomer navigate OA

Provide link to FAQs for Newcomers: <https://oanyscd.org/about-2/faq/>

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