

1: What actions can the WSBC and its committees take to promote Public and Professional Awareness?

- Make certain that outreach/PI pamphlets and info are produced in French, Spanish, German, Hebrew, Italian, Portuguese, Etc.
- WSBC committees create a specific list of actions and ideas to be sent to Regions/NLSB/Sd/IG's that can be carried out by members.
- Send mass mailing of the new pamphlet, *Is Food a Problem for You* (great job that pamphlet), Abstinence, Dignity of Choice to magazines, media, health professionals.
- Ads and/or articles place in national and international magazines and electronic media. Make sure Google and Yahoo have us at the top of their search lists.
- Mailings to obesity surgery professionals.
- "Slick up" our outreach literature, more attractive the better, colorful, EXCITING!!!
- On front of pamphlets, provide a space for local OA meeting info and phone numbers.
- Send free lifeline copies to doctors, dieticians, etc. Use over-runs or back issues from WSO.
- WS delegates speak at local events to carry this PI & PO message of what OA is doing to raise awareness

2: What actions can the WSBC and its committees take to promote Strong Meetings?

- Rekindle/create enthusiasm for focus on traditions at meetings
 - Through Lifeline and more articles
 - Focus on Traditions.
- Already good literature in existence. (12th Step Within, Traditions, Sponsorship pamphlets, group handbook, etc). Facilitate more audio recordings of literature. Perhaps remove copyrights on some, so that the groups could download and feature on their own website.
 - Promote *designated downloader* at Region/Intergroup level to facilitate access to literature/events.
- Ask OA webmasters to promote concepts of strong meetings on their websites.
- Provide 'job descriptions' for 12th Step Within committee or Intergroup Reps so they can visit local meeting and have a 'check list'.

3: What actions can the Intergroups & National /LSB & their committees take to promote Committed Service Bodies

- Communication
 - Language – all languages – need to expedite
 - WSO office hiring a native Spanish speaking employee to serve that population in member services department
 - WSBC send thank you notes to members attending conference to return to their service bodies. (can send in packets)
- Expedite the translation of conference materials to those languages we serve.
 - Bylaws
 - Form for translation should be in the native language (currently in English)
- Proactive to Intergroups that haven't sent delegates to be aware of work.

4: What actions can the WSBC and its committees take to promote Financial Health?

- Individual delegates personally take the hand book about financial contributions goals to the individual groups (recommend online) describing that currently less than 25% of income comes from contributions and our goal is to increase by 12% by 2010.
- Revise the suggested meeting format 7th tradition paragraph.
- Create skits/stories emphasizing contributions and the things that are provided by the contributions. Distribute messages by website Lifeline and in the service & tradition workshops. People are more receptive to the message in skits and stories.
- Create a flyer asking for contributions for distribution in meetings.

5: What actions can Regions and Assemblies take to promote Public and Professional Awareness?

- Region 7 paid for professional development of exhibit board to be used at trade shows, health conferences, etc. Other regions have also developed exhibits. (R7 will be used for NEA) Can be borrowed by OA groups & Intergroups.
- Handouts carry the message. (pens, literature, business cards, etc)
- Work with PO committees/chairs
- Publicize on Region website – create links to other websites.
- Develop guidelines for use – work with the P.I manual for clarity
- Regions can work with Intergroups and groups based on a general calendar of events locally. Tap into WSO to get to some info on this.
- Access to professional PI materials is now easier – can now be ordered via literature form.
- Put a line item at Region level budget to support the Public Awareness Campaign.
- Support Intergroups to develop PSA signs for buses with 800 #
- Evaluate projects over time. Keep records to help others rotating into service – be aware of what works and what doesn't.
- Region reps from Intergroups can follow through on activities and work in sync with the 1, 3 and 5 year goals of strategic plan.

6: What actions can the Regions, their Assemblies and committees take to promote Strong Meetings?

- Adopt a meeting to help support back-to-back abstinence. Be an attraction, go to different meetings.
- Regions and Assemblies can lead by example. Region Reps can report back to each individual group personally with written and verbal.
- Don't hesitate to let people know you are abstinent or if traditions are being broken.
- Develop and utilize speaker/sponsor lists.
- Work at WSBC – purpose of this function is for information to get disseminated respectively in our areas.
- Bring this information back to your area and ask group reps to report it during announcements.
- Promote use of the PA handbook (for groups and Intergroups) each group use it's seventh tradition to buy one.
- Region trustee can develop a workshop and present it at Intergroup and group level.
 - Skits – road show for strong meetings
 - Sponsorship/abstinence: carrying ESH
 - Service and Traditions

- Region boards submit a report to Intergroups who are unable to send a rep. Regions need to strengthen their contact with Intergroups.
- Encourage Abstinence First and have meetings where steps and traditions are studied. Either monthly or weekly. Use IDEA Day and Unity Day for half day meetings with special topic interest.
- Involvement needs to improve from two times a year @ Assemblies to improve communication between meetings times by:
 - Tele-conference calls
 - Emails
 - Newsletters
 - Websites
 - Personal TC's – the phone is one of our tools.
 - * Bi-lingual translations, * trade exchange speakers from one area to another

7: What actions can the Regions, their Assemblies & committees take to promote Committed Service Bodies?

- Intergroup outreach funds Region and WSBC PI – made display Table, speakers list, etc
- All levels maintain speakers list (update bi-annually)
- Intergroups who rarely attend: regularly appoint people to call and talk to chair, secretary, etc. Have list of questions on how to help and ask what the problems are.
- Individual one-on-one most effective – approach person with an eye for strengths and ask to serve.
- Break jobs/positions down to manageable tasks, less intimidating.
- Assemblies move around to accommodate each state/country – hosting group calls each missing intergroup.
- Each committee chairman calls each committee member or email at least two times in-between meetings.
- Each committee member commit to some part of goal (each person exchange numbers and call to remind)
- Email list – notify all when newsletter available – Courier, Lifeline – Region, Intergroup
- Trustee Road show – service and traditions workshops
- Do intergroup inventory

8: What actions can the Regions, their Assemblies & committees take to promote Financial Health?

- Co-treasurers, as a model account or internal auditor. Rotation treasurer and plan for transition.
- Communication of status and financial goals to intergroup.
- Quarterly newsletter from region with specific topics & needs
- Financial graphics, if possible.
- Each would suggest an explanation for each meeting to know what are the financial goals.
- Region reps carry message to intergroups.
- Tie the 7th tradition to the promise of freedom from fear of people and economic insecurity.

9: What actions can the Intergroups and National Language Service Boards and their committees take to promote Public Awareness?

- Have committee for Public Information and Professional Outreach roles:
 - Put packets in doctor's and clinic offices

- Approach high school guidance counselors and staff
- Participate in health fairs
- Send Lifeline subscriptions to doctor's offices.
- 15 Questions and business cards in libraries and book stores (Stick them in the diet and self-help books) doctor's offices, supermarkets
- Purchase literature for libraries
- Support local
- PSA's TV, movie theatres, free advertisement venues, newspapers, placemats in restaurants.
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- Encourage to communicate use Public Information Service Manual
- Survey to find out how people in area are coming in to OA.

10: What actions can Intergroups and National Language Service Boards and their committees take to promote Strong Meetings?

- Ensure format focus in a newcomer meeting is on steps and principles (tools are the handrails in the staircase)
- Intergroup board members present service and traditions information to meetings.
- Intergroup reps attend non-represented meetings to say "hi" and invite group to send reps – do not interfere with format.
- Encourage all meetings to send reps.
- Powerless over sick meetings – it is okay to let them go.
- Work to get members excited about recovery and going to meetings again – provide events, like retreats, marathons, etc. Variety works.
- Intergroups provide newcomer packets, sponsorship packets, welcome back pamphlets to meetings.
- Physical recovery attracts!
- Take a group inventory on your intergroup – intergroup health is critical!
 - Hold 20 minute workshop at intergroup each quarter in select topics
 - Keep meeting lists current. (choose not to include sick meeting on your directory)
 - Provide literature at all events – make it easy for groups to get literature.
 - Publish a newsletter

11: What actions can Intergroups and National Language Service Boards and their committees take to promote Committed Service Bodies?

- Have two reps from each meeting attend intergroup.
- Intergroup board volunteers to go to smaller, non-represented meetings and ask how they can help. Encourage representation at intergroup (packets given – beginner, welcome back, sponsor packets)
- Groups should have
 - Regular group conscience meetings
 - Encourage rotation of service positions (avoid cliques)
 - Hard to get volunteers – personalities? (need to be perfect, fear not being good enough)
 - Previous service person trains new.
 - Sharing position – co-chairs of positions

- Encourage your friends, or people who are sponsors
- Encourage your sponsees into service.
 - Bring your sponsee, sponsor to meeting, door prizes (new book – Spirituality)
- Survey members – what could be better?
 - Task force – committee from meetings
 - Email distribution list
 - Workshop on service and traditions (who, what, why)
- Inventory intergroups (questions in the 12 step within handbook)

12: What actions can Intergroups and National Language Service Boards and their committees take to promote Financial Health?

- Communication and education from Intergroup level to meeting level.
 - Don't be afraid to talk about money.
 - Suggest to groups to let members know that higher contributions are required.
 - Can't depend on literature sales alone.
 - Articles in newsletters about finances.
 - Intergroup writes to each group about service.
 - Contributions several times a year.
- Specific Actions by Intergroup
 - 7th tradition @intergroup and intergroup functions.
 - Fundraising:
 - Conventions
 - Retreats
 - Workshops
 - Marathons
 - Auctions
 - Raffles
 - Flea markets
 - Clothing exchange
- Visual aid geared toward OA finance
 - What we used to be like, what happened and what it is like now
- Publicize gifts are welcome up to \$5,000 a year and no limit on bequeaths.

13: What actions can Intergroups and National Language Service Boards and their committees take to promote Public and Professional Awareness?

- Distribute the Courier to professionals in your area and give a point of contact. Make copies of the Courier and have them available for members to take to professionals.
- Invite professionals to open meetings.
- Have a public and professional awareness night. Speaker shares their story and gives out information.
- Make available Intergroup newsletter to the professionals and put them on your mailing.
- Distribute OA information cards to shop counters and libraries or wherever possible.
- Donate OA literature to libraries and put contact information on the literature.
- Order past copies of Lifeline – they are no cost, put your contact information on them and distribute to doctor's offices, etc.
- Give information to schools, hospitals universities, etc.
- Invite people from working recovery units to meetings

- Make posters with tear off phone numbers

14: What actions can the Groups & meetings take to promote strong meetings?

- Group inventory once a year and plan for the year.
 - Know what to do from week to week
 - Schedule for meetings and topics
 - Get a member from another area (or another intergroup) come and facilitate.
- Newcomer follow-up plan
 - Greeter
 - Volunteer or committee
 - Newcomer's meetings before or after regular meeting.
 - If newcomer there – meet with the person to go through newcomer meeting.
 - Format of meeting changes to speaker meeting if beginner is present.
- Celebration of abstinence at meeting – open speakers meetings
 - Medallions every five years
 - Card for years in-between signed by group.
 - When someone is celebrating, they have their sponsor or someone else speak.
- Fellowship meetings before the meeting – once a month.
- Regular business meetings – once a month – revisit the format to ensure that we strengthen the meeting with a plan for limiting time for shares.
- Valuable information in *A Step Ahead* – designated downloader also reports on *A Step Ahead*.
- Bring up changes in a slow process for major changes to meeting formats, etc. to allow every member to evaluate and participate.
- “member-at-large” – to talk about individual issues that members may have (contact)
- Each meeting should foster adherence to traditions.

15: What actions can Groups & Meetings take to promote Committed Service Bodies?

- Groups – make sure we have groups representatives and alternates and funding to Intergroup.
- Commit to doing Intergroup service, get each member in group to lead, do literature, etc and each member rotate service and then can go on to intergroup.
- Tell members how wonderful your intergroup service has been and how much we have grown. Be enthusiastic in your service ... if you are too tired, don't show it. Don't show a victim attitude. Love what you do! Show it! Work through an inventory on your attitude and enthusiasm
- As a sponsor, encourage sponsees to go and share in service. Go with them!
- Do a group inventory & invite someone from your Intergroup to facilitate the inventory meeting.
- Personally one-on-one ask, “could you do this service for a time ... as a temporary representative.”
- Be a mentor; say “I'll be here to help you.”
- Put in your format, “You don't do service to get recovery, but to practice recovery.”
- Remember, it is a program of action.
- Could your group pay for the gas mileage to attend Intergroup?
- If someone asked you to sponsor them, say, “I expect you to give service.” If they so, “I don't have time to do service”, then you say, “I don't have time to sponsor you.”

16: What actions can Groups and meetings take to promote Financial Health?

- Education

- Regular treasurer's reports in group
- Reasonable prudent reserves – need not to hold funds
- What the money is used for
- What each service and body does (presentations)
- Show World Service financial information and have group follow up with contributions
- Anniversary/birthday meetings/celebrations, suggest that each member who celebrates contributes a least one dollar per year of abstinence
- Slogan contest – meetings suggest slogan winner (replace *It Takes Two*)

17: What actions can the Abstinent OA members take to promote Public and Professional Awareness?

- Distribute informational OA business cards on bulletin boards in stores and libraries.
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- Take information and literature to health care professionals.
- Read Lifeline in public places and answer questions.
- Distribute literature to local churches that already host other 12 step meetings.
- Answer questions from immigration authorities – where were you and what were you doing?
- Appear on local radio programs and take call-in questions.
- Send articles to local newspapers.
- Get interviewed by a local newspaper – especially near the new year when people make resolutions.
- Distribute meeting information to group members with a thumb tack to put on store bulletins. This makes it easier to do service.
- “You carry the message – Higher Power delivers it!”
- “Take the mess to your sponsor; take your message to the meeting”
- Be willing to share your program

18: What actions can the Abstinent OA members take to promote Strong Meetings?

- Maintenance meeting – sponsor attends, newcomers are invited to come. Suggested that people sharing there are maintaining abstinence, practicing tools and steps. It creates a strong group of members who go out and carry the message.
- Develop strong 12th Step Within committee – put on workshop monthly. They get people involved to address returnees who are abstinent. Celebrate with chips to recognize the importance of abstinence – give a plant.
- Speak up at traditions violations – familiarize ourselves with traditions.
- If someone has a negative pitch, counter it with a positive one.
- Commit to going to all meetings, if they are only a few in your area, show up!
- Make telephone calls to get people to meetings.
- Phone newcomers, offer to answer questions.
- Being abstinent and maintaining it is the best service.
- We care book – abstinent members take numbers and call.
- Have a home group and show people the importance of showing up and continuously needing program – show how it works.
- Attraction rather than promotion.
- Abstinent members take responsibility for the welfare of the meeting. Speak up. Volunteer for service positions. Show up for business meeting.
- Sponsor to promote service. To go to meetings.
- Insist sponsees come to Intergroup to see what is going on. It is a great way to get inspired.
- Use the tools to acquaint the members with what they are – work the steps – show by example.

- Go to live meetings and get away from phone and online meetings if you have meetings in your area.
 - Have Region Trustee come to your area for traditions workshop.
 - Begin special focus groups – step study, big book, traditions, don't wait for someone else to do it.
 - Abstinent members to share story at retreats
 - Don't say "NO" to service.
 - Thank abstinent members who share their story and let newcomers see your appreciation.
- Summary – don't wait for anyone else to do any positive thing that comes to mind. Speak up in meetings about breaks in traditions. Take responsibility for the strength of the meetings we go to.

19: What actions can the Abstinent OA members take to promote Committed Service Bodies?

- Remain abstinent! Yet!
- Encourage committee participation within Intergroup without having to be an Intergroup rep.
- Sponsors need to encourage sponsees to do service above meeting level
- Plan an open house to teach other members about service in Intergroup.
- Present positives on service work – show your passion for service!
- Promote your intergroup to other OA members – acknowledge their work and service.
- Plan and provide Service and Traditions workshops in your area.
- Form touring Intergroup members to share their experience with all meetings within Intergroup.
- Make conscious effort to attend all meetings within our Intergroup.
- Websites – post minutes from intergroup or other service meetings
- Hold intergroup meetings before/after strong OA meeting.
- Conference calls for intergroup meetings.

20: What actions can Abstinent OA members take to promote Financial Health?

- Fundraisers – members participate in developing, creating and financially supporting target fundraisers and challenges.
- Members get involved and excited about planned projects.
- Members participate in re-edit meeting format to explicitly detail what funds are used for. Remember what we've spent on food.
- Members restate frequently that we put in the 7th tradition as much as we can afford. Let the newcomer know this is your standard.
- Members celebrate and publicize reaching specific financial goals through intergroup minutes, websites, Lifeline, etc.