

# Welcome Newcomer: You Are Not Alone Anymore!

If you are not sure if you belong in OA ask yourself these questions:

1. Do I go on eating binges for no apparent reason, sometimes eating until I'm stuffed or even feel sick?
2. Do I have feelings of guilt, shame, or embarrassment about my weight or the way I eat?
3. Do I eat sensibly in front of others and then make up for it when I am alone?
4. Is my eating affecting my health or the way I live my life?
5. Have I ever eaten food that is burned, frozen, or spoiled from containers in the grocery store or out of the garbage?
6. Are there certain foods I can't stop eating after having the first bite?

## About OA:

All that is required is "The desire to stop eating compulsively." We are an action program and this is a Spiritual, Emotional, and Physical disease. We do not have weigh-ins, diets, dues, or fees. We are not professionals. We encourage you to talk with a Nutritionist or your doctor to create a plan of eating.

To see OA's examples for a plan of eating. Look in "Where Do I Start?" pamphlet.

We can never be cured, but there IS recovery.

We read from AA or OA approved literature. You can purchase literature at OA meetings or on oa.org website.

We are a non-profit organization. We ask for contributions at meetings to help pay for rent for meeting rooms, we send contributions to Intergroup, Region 3, and World Service to help carry the message. No one is turned away due to the lack of funds.

We ask newcomers to not contribute but to purchase literature instead. Literature is usually available at the meetings or on [www.oa.org](http://www.oa.org) in the bookstore. Just ask the literature person at meetings to purchase a book. We do not bring food to meetings to share with members. Everyone has different allergies and triggers to different foods. We take this disease seriously. We talk about a higher power and not everyone's higher power has to be God. It is "your understanding of a higher power". We do not discriminate against religion, creed, or nationality.

## Meeting Information:

- We offer meetings face-to-face, on zoom, or hybrid.
- We suggest going to 6 different meetings before choosing a "Home" meeting.
- Every meeting is different: We offer open meetings for men or women.
  - Please check out the meeting details on either of these website URL addresses: [www.oadsm.org](http://www.oadsm.org), [www.oa-dsm.org](http://www.oa-dsm.org), or [www.oacentraliowa.org](http://www.oacentraliowa.org). Any of these addresses will take you to the Central Iowa Website.
  - At the bottom of the meeting page is the contact person's information for questions about the meeting.
- In the Big Book (Alcoholics Anonymous, 4<sup>th</sup> Edition) we substitute the word food in place of alcohol.

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- Every meeting is welcoming. Don't be afraid because we all have been in your position before. Your first plan of action is to **admit you are powerless over your food.**
- People volunteer to chair a meeting each week by reading a script that each meeting has available. If you are new to chairing a meeting and are a little nervous it is completely appropriate to ask someone to co-chair with you.
- We pass a clipboard with members contact information on it or it is posted in the chat on zoom.
- We encourage volunteer reading and sharing at meetings, but you can say pass.
- We discourage cross talk.
- Every meeting usually has a business meeting every month. It is a group conscious so not just one person makes the decisions.
- Every individual OA meeting has a secretary, group service rep/s, treasurer, literature person, church contact person or zoom hosts/co-hosts, and meeting contact person. We encourage everyone to rotate in these positions.

### Service Opportunities

- We have volunteer service opportunities at all levels of OA- Individual meetings, Intergroup, Region 3, and the World Service Office.

### Intergroup

#### What is Intergroup and what do they do?

- Intergroup is a group of OA members who meet monthly and discuss ways to carry the message of OA. We have a PIPO committee that meets monthly and comes up with outreach ideas to get newcomers to join OA that are sick with this disease. We also have a website manager who posts important information on meetings, events, intergroup, forms, etc... on Central Iowa's website. The group representatives go back to their individual OA meetings and relay the information that Intergroup has discussed.
- Intergroup board members consist of a Chair, Vice-Chair, Secretary, Treasurer, Website Manager, Public Information Professional Outreach Coordinator, Region 3 Representative, WSO Delegate, and Group Service Representatives. Anyone is welcome to come to the monthly meeting. If anyone is interested in doing service and would like to know more about the job description's you can either contact someone from intergroup or these are also posted on our website under the navigation tab "Intergroup."

### Recovery & Sponsorship:

- Recovery is achieved through abstinence, a higher power of your understanding, prayer, and by working the 12 Steps with a sponsor.
- We recommend getting a sponsor. When you are looking for a sponsor choose someone that has what you are looking for or has a common food problem to yours and ask if he/she would be willing to sponsor you.
- Not every sponsor will sponsor the same way.

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- We also use the 12 Tools of recovery to help achieve abstinence and recovery.

### Websites:

- We have several websites that you can go to for information on OA.
  - [www.aa.org](http://www.aa.org) is the World Service Website. World Service represents all of AA in the world. You can find any meeting that is registered with world service, you can buy literature here, you can find forms or documents here as well.
  - [www.region3.org](http://www.region3.org) every registered AA meeting belongs to a region. There are currently 10 regions. Central Iowa is with region 3. You can find out who is on the Region 3 board and upcoming R3 Spring and Fall Assembly, convention, and all Region 3 area events.
  - [www.aadsm.org](http://www.aadsm.org), [www.aa-dsm.org](http://www.aa-dsm.org), [www.aacentraliowa.org](http://www.aacentraliowa.org) will take you to the Central Iowa website for our AA meetings. On the website you can find Newcomer info, local meeting info, events, intergroup information, etc...
- A vision 4 you are a website that has Sunday special edition podcasts or daily 7 am or 10 am Est. meetings. Central Iowa is an hour behind.
  - [www.avision4you.info](http://www.avision4you.info)

### Intergroup, Region 3, and World Service: You will hear at meetings these mentioned.

AA Non-Profit Organization Pyramid: A pyramid of this can be found on the Central Iowa website.

This is the order of operation in AA:

1<sup>st</sup> – WSO(World Service Office) or also known as aa.org - WSO is the AA organization that makes the final decision on how AA works. This is where you can find upcoming events, there is a document library that has forms and documents available, you can register, change, or edit a meeting and find a meeting anywhere in the world. This is the main office for AA. Located in Albuquerque, New Mexico.

2<sup>nd</sup> are the Regions. We have 10 Regions in AA. Central Iowa is with region 3. Region 3 helps the intergroups to carry the message.

3<sup>rd</sup> are the Intergroups. The intergroups help carry the message in AA and help the AA individual meetings. There is a board that meets monthly for Central Iowa Intergroup.

4<sup>th</sup> are the individual AA Meetings.

## **Welcome Newcomer: You Are Not Alone Anymore!**

**If we do this newcomer packet I think we should include the pamphlets below.**

The cost per newcomer packet is approximately **\$15.00**. I thought that Intergroup can maybe donate to meetings or meetings can buy from intergroup.

- Where Do I start? – (pamphlet)\$2.00 or free PDF.
- A New Plan of Eating: A Physical, Emotional, and Spiritual Journey - \$2.00
- The Tools of Recovery - \$2.00
- To the Newcomer; You're not Alone Anymore! - \$2.00
- A lifetime of Abstinence: One Day at a time \$2.00
- To the Family of The Compulsive Eater: Family Involvement Is An Individual Choice... - \$1.00
- Printing of the Welcome Letter
- Envelopes