

Groups of All Sizes Can Carry OA's Message of Recovery

Smaller Groups

- 1) Members can agree to post bulletin board tear-off notices and/or "business cards" (both available from Intergroup) wherever permitted, such as work places, libraries, grocery stores, coffee shops, schools, student lounges/unions, health clubs/gyms, hair and nail salons, shopping malls, waiting rooms, etc. Consider using time commitments for this activity, such as each person committing to place 5 notices a month for 3 months. Have periodic discussions/progress reports at your meeting.
- 2) Members can donate old issues of Lifeline magazine and ask their health care professionals (doctors, nutritionists, therapists, substance abuse counselors, etc) if they can leave these on coffee tables/magazine racks.
- 3) If appropriate, the group can place regular notices about the meeting in the newsletter affiliated with the meeting site (e.g , hospital or church bulletins).
- 4) Members can talk with their health care professionals about their recovery in OA as a means of encouraging them to mention OA to other patients, when appropriate. Members can indicate that they are available as references, if another patient would like to call for more information.

Larger Groups

Larger groups can also consider activity nos. 1 - 4 above PLUS:

- 5) For number 2 above, the group can also purchase literature to donate to health care professional offices, in addition to old Lifelines.
- 6) The group can buy literature to help individual members and/or the group carry the message and have a "packet stuffing party."
- 7) The group can sponsor a "Carry the Message" campaign, working with Intergroup. Choose one or several activities to focus on, such as:
 - arranging a panel of OA success stories to bring to a radio station, newspaper, hospital, and/or professional group
 - "adopting" a hospital or other institution to bring weekly or monthly meetings
 - purchasing OA literature and arranging a mailing/distribution campaign to hospitals, health care professionals, clergy, schools, and/or military facilities, etc.
- 8) The group can sponsor special public information/newcomers' nights or other workshops.

NOTES:

- For more ideas, check the OA World Service website (www.oa.org) (see Member Support as well as Professionals/Media) and the DC Area website (www.oa-dcmetro.org) (see the Public Information section, especially "Service is Vital to Our Own Recovery – Here Are 100 Opportunities").
- The DC Area Intergroup and its PI and HIPM Committees* can help your group, by providing speakers on this topic and additional information, including information from OA's PI and HIPM Manuals. See the "Where and When" for contact information.

* PI – Public Information, HIPM – Hospitals/Institutions/Professionals/Military