

## Helpful Hints for Success

### 1. **Low Profile**

Since anonymity is such a priority, choosing a meeting room with LOW visibility where others do not have access is of utmost importance, so individuals will not feel they are being observed.

### 2. **How is literature distributed?**

A literature table can be set up where people may obtain Overcomers Outreach pamphlets, FREED booklets and A.A. or Al-Anon literature when available.

Overcomers Outreach materials may be requested from the [www.overcomersoutreach.org](http://www.overcomersoutreach.org) website for a minimal donation, often from the donations gathered from the passing basket (the “7<sup>th</sup> tradition”).

### 3. **What about child care?**

If babysitting can be arranged, it brings a whole population of young adults who might otherwise be unable to attend.

### 4. **Are sobriety or abstinence birthdays celebrated?**

The group may choose to celebrate “sobriety birthdays” (not to pre-empt them being observed at A.A. meetings). In case they choose to do this, a designated person should be in charge of keeping a birthday calendar and obtaining a cake for the occasion. “Freed Doves” (pins, tie tacks, key chains or pendants) may be given as “chips” and are available through donation at the [www.overcomersoutreach.org](http://www.overcomersoutreach.org) website.

### 5. **Should the groups serve coffee or refreshments?**

Some groups prefer to serve refreshments and coffee, others don't bother. If desired by the majority of the group, the duties of provision and cleanup should be passed around so no one person gets “stuck” with it. Providing a coffee can for refreshment donations helps defray costs.

### 6. **What about smoking?**

Smoking is up to the group conscience and the policy of the church where the meeting is held. We usually prefer non-smoking meetings because some people may be attempting to break this addiction.

### 7. **What about Overcomers Outreach literature?**

Since all O.O. literature is copyrighted, and since donations for literature is one of the crucial factors in keeping the ministry alive, we respectfully request that Overcomers Outreach pamphlets and FREED booklets not to be duplicated in any form. This is totally in line with A.A. / Al-Anon philosophy. They may be ordered in quantity from [www.overcomersoutreach.org](http://www.overcomersoutreach.org)

### 8. **Sponsorship and support during the week**

Sponsorship is a great asset, and we strongly suggest that individuals identify a “program winner” of their own gender with whom they can share specific personal issues outside of the meeting and to whom they can be accountable.

