

Overcomers Outreach Leaders Guide

1. Who is responsible for leadership of the group?

The persons or couple initiating the group should be responsible for contacting members or interested people regarding meeting place and other events. These leaders should keep literature on hand (available from the www.overcomersoutreach.org website).

2. How does the group leader decide upon a subject for the meeting?

The designated leader should normally select the subject or step from the listed material in the FREED book/Life Recovery Bible in order to stay focused. We strongly suggest that the groups hold a “Step Study” at least one meeting a month. Tendencies of discussion of various doctrines or theological views should be avoided at all costs. Meetings must forever stay Christ-centred. Any supplementary readings should come from recovery related materials i.e. Alcoholics Anonymous, One Day At A Time Al-Anon, Serenity: A Companion For 12 Step Recovery, and the “Big Book” of Overcomers Outreach- A Bridge to Recovery.

3. Should the same person lead every meeting?

Rotation of leadership is essential! One or two people/couples should be in charge of designating other individuals to take turns in leading. With the accompanying format and resource material, it is relatively simple for anyone to lead, even without previous notice or special training. A person who leads a group should have attended Overcomers meetings for at least 3 months so they will be familiar with the format. This not only relieves the group facilitator from having responsibility every week, but also helps the participating individuals flourish and grow. Rotation of leadership assures that the group leader won't tend to dominate the meeting or suffer “burnout.” Other Overcomers Outreach leaders may emerge by being nurtured through occasional group leadership.

4. Leader sensitivity to special needs or disruptions:

The leader should be sensitive and alert to any special problems, which need to be addressed, and to any attempts at meeting disruption by an individual who may try to dominate the discussion or deviate from the topic. Long renditions of a member's personal problems should be saved for a leader or sponsor after the meeting. Leaders also need to be aware of anyone who is obviously “under the influence” and request that they should share after the meeting. We always need to remember that “our common welfare must come first”. No one person should dominate meeting time. Each person should have an opportunity to share before any one person shares the second time.

5. “Cross-talk” must be avoided.

Participants should be encouraged to raise their hands to identify by giving their first names. The leader need to let it be known that everyone is welcome to share (If they are not “under the influence” of alcohol and drugs) be he/she must take his/her turn in speaking and refrain from making comments following another person's sharing without gaining recognition from the leader. Since we don't give



advice our sharing should be limited to our own personal experience, strength and hope. It is also well to avoid “questions” during sharing time in order to concentrate on feelings rather than facts.

6. What about counselling individual members?

Since Overcomers Outreach groups are not “therapy” groups, and since those in attendance are not qualified to counsel, we do not give specific advice. Leaders should be aware of any particular need and offer additional resources when a need is indicated. The leader should have a list of local alcohol / drug treatment and therapy resources handy for group members. Group members themselves may look at www.overcomersoutreach.org.uk for other support group’s contacts if needed.

7. “7th Tradition”

O.O. groups that make a practice of passing the pot at meetings should try and send a portion of their gifts to the O.O. UK treasury to support further O.O. growth across the country i.e. prison work etc. Placing a pound or two in the pot (known as the “7th tradition”) is a terrific bargain compared to the amounts we used to spend on the substances of our addictions! Most of us in recovery believe that “what I can give is never as much as I get from the giving”. Finding a recovery support group that is FREE (like Overcomers Outreach) is a gift in itself! If each O.O. group contributed just 20% of their “7th tradition” to O.O. UK treasury. We could completely self-supporting.

8. Our “higher power”

Now that we are participating in a Christ-centered support group, we may refer to our “higher power” as JESUS CHRIST, our Saviour and Lord!

9. Group Leaders Mutual Encouragement

Some areas where there are several Overcomers Outreach meetings the leaders are discovering that Area Meetings for the group leaders are very productive by providing mutual encouragement and support. People in these areas should prayerfully consider forming an O.O. “Area Meeting” and plan retreats, conferences or fundraisers for the O.O. UK treasury.

10. Local Christian Recovery Conferences

A “Christians In Recovery” Conference in your area becomes a possibility once several group leaders network together. The O.O. Ventral Office in America provides written guidelines for putting such an event together.

11. How can we publicize the Overcomers Outreach groups?

Overcomers Outreach flyers & business cards are available through emailing info@overcomersoutreach.org.uk. Some churches publicise their own Overcomers Outreach groups in the local newspaper.

12. Who is invited to an Overcomers Outreach group?

Overcomers Outreach groups are made up of alcoholics, drug addicts, adult children of alcoholics, co-dependents, workaholics, gamblers, overeaters, sex addicts, anyone seeking victory over any addiction or compulsion, as well as



those from other dysfunctional backgrounds, The group is appropriate for anyone's compulsive problem if there is an outside 12 Step group available to provide additional help for that particular problem.

13. Are children and teenagers invited to Overcomers Outreach groups?

It seems best to limit the groups to an adult population (over age 16) unless the teen can personally identify and needs support of the group for his/her addiction. Groups for young people should be held separately so as not to intimidate the sharing of adults, "T.N.T." groups are becoming available for teens in many churches where there are O.O. groups, as well as OK Kids for children 5-12.

