

SUPER SATURDAY / SUNDAY GUIDELINES (as of April 2025)

WHO: OA members sharing our strength, hope, and recovery beyond the group level, reminding us that we are part of a larger whole and that we are not alone.

WHAT: Special Meeting hosted by a group to help Intergroup carry the message and also earn necessary funds.

TOPIC: Choose OA theme.

WHEN: The hosting group chooses the date. Consult the Intergroup Vice Chair for free dates. Also consider other scheduled OA events at the Region 5 or World Service level. Please try to avoid Intergroup meeting weekends.

Some months have designated OA days. A Super Saturday/Sunday in those months may (or may not) use that theme.

- January - OA Birthday (since 1960) – third weekend in January
- February - Unity Day - the last Saturday in February in even years and the last Sunday in February in odd years at 11:30 a.m. [local time around the world]
- August – Sponsorship Day – 3rd weekend in August
- November - IDEA Day - 3rd weekend in November, International Day Experiencing Abstinence.
- December – Twelfth Step Within Day, Dec 12. (12/12)

WHERE: Choose a location large enough for about 30 people, with wheelchair accessibility and accessible parking. In addition to chairs, there will need to be tables for Registration, and optionally also for Oasis, Ways & Means, etc.

HOW LONG: Host group decides if the event is to be a whole or partial day event.

HOW MUCH: We suggest a donation of \$6.00 at the door or online - be sure to put the word “SUGGESTED” on your flyer and signage. Determine if you will do additional fund raisers i.e. a 50/50 raffle, raffle of a large item, sale of program-related souvenirs (OA slogan bookmarks, magnets, etc.), a cup raffle, Oasis of hot and cold drinks, a salad bar lunch, etc.

BEGIN: Committee members may include Publicity, Program, Registration, Ways and Means and Oasis.

PROGRAM: Decide on the format for your event. This may include speakers, sharing, small group activities, etc.

- Choose an emcee
- Determine topics and time limit for speakers.
- Recruit speakers from around the area (as opposed to people needing travel expenses).
- If event is to be recorded, confirm speaker permissions in advance
- Remind people who belong to other 12-step groups to share personal (not professional) recovery and to take care to not imply OA endorsement of any outside enterprise, including other 12-step groups.

PUBLICITY:

1. Make a flyer to advertise. A member of the BOT, usually the Vice Chair, will review and approve the content.

Include the following information:

- “Overeaters Anonymous” must be spelled out. (Not just “OA.”)
 - A logo is optional, not required.
 - The Intergroup name: St. Louis Bi-State Area Intergroup
 - Hosting Group
 - Theme of the event
 - Complete date; month, day, year
 - Time, beginning and ending hours (include time zone if the event is virtual or hybrid)
 - For virtual or hybrid, provide login information
 - First name and phone # of a contact person
 - Suggested donation amount, and a reminder never to stay away from an OA event for financial reasons
 - If in person:
 - a. Address
 - b. Optionally, a map or directions
 - c. Optionally, where to park and what door to go in (for instance, “Enter from rear parking lot.”)
 - d. Accessibility (for everyone, including people using wheelchairs) – just say Accessible, if it is. And if it applies, give any extra directions like a recommended door.
2. Note: The Intergroup Vice Chair will distribute the approved flyer to the website, the newsletter, the secretary, Region, WSO Event Calendar if appropriate, a social media person if any, and any other desired entities.
 3. Additional ways to get the word out:
 - Distribute flyers at earlier Super Saturdays and events.
 - Post flyers at public places (libraries, schools, doctors’ offices, hospitals, laundromats, churches, stores, etc.
 - Provide local hospitals and churches with printed info to include brief announcements in bulletins and newsletters.
 - Possibly use old meeting sign-up and intergroup outreach lists to phone/invite those who used to attend your meetings.
 - **NOTE: Remember it is not a break of anonymity to publicize OA.**

AFTERWARD: Complete the Super Saturday Post Event Report (at stlouisoa.org, Documents & Forms)

Count receipts, settle expenses for rent, flyers, refreshments, etc. Pay the church or other meeting place for the space. Send the balance to Intergroup, either online or with a check. In either case, make sure it says Super Saturday and the hosting group number. If sending a check, make it payable to “St Louis Bi-State Area Intergroup” with “Super Saturday” and the group number in the comment line. Send to PO Box 28882, St Louis MO 63123-0082.

Remember to stay flexible, “Let Go and Let God” and enjoy the day.