

**Suggested Meeting Format**  
**[Adjusted for Zoom meetings]**

Welcome to the *[day and time]* meeting of Overeaters Anonymous. My name is \_\_\_\_\_  
. I am a compulsive eater and your leader for this meeting.

Please mute yourself at this time and mute again any time you are finished sharing.

Will those who wish, please join me in the Serenity Prayer:

God grant me the serenity to accept the things I cannot change, courage to change  
the things I can, and wisdom to know the difference.

As we extend the heart and hand of the OA Fellowship to those who still suffer, let us be mindful of OA's Unity with Diversity Policy, which respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait.

Are there any compulsive eaters here besides myself?

Are there any newcomers here attending their first, second, or third OA meeting? Please tell us your first name so we can welcome you. *[Welcome each person by name.]*

If you are returning to OA or are visiting from another area, please tell us your first name so we can also welcome you. *[ Welcome each person by name.]*

*[We encourage newcomers to:*

- *get a sponsor to help guide your recovery;*
- *develop a plan of eating and, if you wish, write it down and report daily to your sponsor; and*
- *read OA-- approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.*

*Some of us will be available after the meeting to answer any questions you might have.] (Mention OAmen.org as a resource if appropriate)*

The following is the OA Preamble:

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political

movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

*Ask someone to read "Our Invitation to You," which includes the Twelve Steps of Overeaters Anonymous. Then ask someone to read The Twelve Traditions of Overeaters Anonymous or the Tradition of the Month [as is the custom of the meeting].*

#### **THE DEFINITIONS OF "ABSTINENCE" AND "RECOVERY" IN OVEREATERS ANONYMOUS:**

- 1. Abstinence:** The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.
- 2. Recovery:** Removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.

**TOOLS :** The OA Tools of Recovery help us work the Steps and refrain from compulsive overeating. The nine Tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, an action plan, anonymity, and service. For more information, read *The Tools of Recovery* pamphlet. *Would one member please share on a tool they use in recovery?*

*[Or read The Tools of Recovery (abridged) included with this meeting format.]*

**SPONSORS :** Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the Twelve Steps and Twelve Traditions to the best of their ability. Sponsors share their program up to the level of their experience, and they strengthen their recovery through this service to others. To find a sponsor, look for someone who has what you want and ask how he or she is achieving it. Will all abstinent sponsors please identify themselves by adding your name and number in the chat and indicating your willingness to sponsor.

Everyone is invited to add their name and number or email to the chat if you wish to exchange contact information.

**LITERATURE :** Only OA-approved literature is used at this meeting. Many OA members find that reading our literature on a daily basis further reinforces how to live the Twelve Steps.

**REPORTS :** Are there any announcements or anniversaries?

**SEVENTH TRADITION :** According to our Seventh Tradition, we are self-supporting through our own contributions. If you wish to contribute to our Intergroup, go to [greaterheartlandoa.org](http://greaterheartlandoa.org) and click on the post titled, "7th Tradition Contribution Method Options". Give as if your life depends on it! We encourage OA members to give as

much as they are able, to help our group be self-supporting . *The suggested contribution is \_\_\_\_\_ or more.*

#### **GUIDELINES FOR SHARING :**

As you share your experience and strength in OA, please also share your hope. Please confine your sharing to your experience with the disease of compulsive eating, the solution offered by OA, and your own recovery from the disease, rather than just the events of the day or week. If you are having difficulties, share how you use the program to deal with them. If you need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting. Feedback, cross talk, and advice-giving are discouraged here. Cross talk during an OA meeting is giving advice to others who have already shared, speaking directly to another person rather than to the group, and questioning or interrupting the person speaking or sharing at the time.

Please limit your sharing to 2-3 minutes so that everyone who wishes to do so has the opportunity to share. Anyone who wishes to share may do so.

#### **STATE THIS MEETING'S CHOICE :** *[Sample options are listed below.]*

- **Step and Tradition Meetings :** "This is a Step meeting. We are reading Step \_\_\_\_\_ and/or Tradition \_\_\_\_\_." *[Leader begins reading from The Twelve Steps and Twelve Traditions of Overeaters Anonymous. Members share about the Step or Tradition.]*
- **Topic Meetings :** "This is a topic meeting. Today's OA program topic is \_\_\_\_\_." *[Members are invited to share on the topic.]*
- **Speaker Meetings :** "This is a speaker meeting." *[Leader describes his or her story for about twenty minutes and shares experience, strength, and hope. Members are invited to share after the speaker.]*
- **Literature Meetings :** "This is a literature meeting. Today we are reading \_\_\_\_\_." *[Choose from any OA-approved literature.]*

**CLOSING :** By following the Twelve Steps, attending meetings regularly, and using the OA Tools, we are changing our lives. You will find hope and encouragement in Overeaters Anonymous. [ If newcomers are present: To the newcomer, we suggest attending at least six different meetings to learn the many ways OA can help you.] We welcome you to this meeting whenever you would care to attend. Information about other meetings can be found on oa.org. The opinions expressed here today are those of individual OA members and do not represent OA as a whole. Please remember our commitment to honor each other's anonymity. Whom you see here, What you hear here, When you leave here, Let it stay here. Let us all reach out by phone or email to newcomers, returning members, and each other. Together we get better.

**Thank you for allowing me to be your leader. Who would like to lead next week's meeting?**

**After a moment of silence, will those of you who wish please join us in \_\_\_\_\_**

*[ Suggested closings: Serenity Prayer, Seventh Step Prayer, Third Step Prayer, the OA Promise 'I put my hand in yours....']*

***[OA Responsibility Pledge: Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.]***