

Friday Morning Joint Ventura/Santa Barbara Zoom Meeting Format

1. **Welcome** to the Friday Morning joint Ventura/Santa Barbara Open Meeting of Overeaters Anonymous. My name is _____. I am a compulsive overeater and your leader for this meeting.

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

3. **Whatever problem** you may have with food, you are welcome at this meeting. Are there any newcomers? **(If there are newcomers:** Please introduce yourself by first name only.

We suggest attending at least six different meetings to learn the many ways OA can help you. If you wish to learn more about the program, please stay after the meeting.)

4. **May we please have volunteers to read;** "Our Invitation to You", "The Twelve Steps of Overeaters Anonymous", "The Twelve Traditions of Overeaters Anonymous".

5. **Contacts:** If you wish to make your contact information available, put your name and phone number and/or e-mail address in the chat area. If you would like to receive a phone call, write "please call" next to your name.

6. **Seventh Tradition:** Seventh Tradition: According to our Seventh Tradition, we are self-supporting through our own contributions. Contributions may be made to the group treasurer, through PayPal or by check to CIIG. See InterVoice for PayPal instructions or CIIG mailing address.

7. **Reports:** Are there any Secretary's announcements/Group Conscience topics? Intergroup reports? Treasurer's reports? Speaker Coordinator updates? Any other OA announcements?

- **The 1st meeting of the month** a speaker shares their experience, strength and hope for 10 to 30 minutes followed by member sharing.
- **The 2nd meeting of the month** is the regularly scheduled Group Conscience. The Group Conscience immediately follows the conclusion of this meeting for no longer than 30 minutes. If additional time is needed, topic(s) are tabled for the next group conscience. Topic(s) are announced for at least 2 weeks prior to the meeting. Each topic is discussed followed by a vote.

8. **At this meeting** the leader reads from "For Today" and the "For Today Workbook".

9. **Sharing:** 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/ sharing at the time.

- If this is the 1st week of the month. Speaker shares for 10 to 30 minutes. (Ask for volunteer to time speaker.)

The meeting is now open for sharing.

10. **Closing at 10:55:** Will someone please read the Promises?

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.

Please remember our commitment to honor each other's anonymity. 'What you hear here, whom you see 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 asking me to be your leader. Who would like to lead at the next meeting? After a moment of silence, will those of you who wish please join us in _____. [Closing prayer of leader's choice.