



Suggested Meeting Format

Wednesday Night Meeting

Begin at 7:30 and end at 8:30

1. “Welcome to the *Wednesday night* meeting of Overeaters Anonymous.

My name is _____. I am a compulsive eater and your leader for this meeting.”

Zoom users, please mute yourself to minimize distractions and unmute yourself to share or read. If you joined as phone only, use *6 to mute/unmute and *9 to raise hand.

2. “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.”

3. “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. We welcome all who have a problem with food.

- “Are there any compulsive overeaters here besides myself?
- “Is anyone here for a first, second or third time, returning to OA, or visiting from another area? Please tell us your first name so we can welcome you. *[Leader welcomes each person by name.]*
- “We encourage you 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;
 - ❑ read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.”

4. This 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 to carry the message of recovery through the Twelve Steps of OA to those who still suffer.”

5. I've asked _____ to read the "*Twelve Steps of Overeaters Anonymous*"?
6. "The Chat log is our **Meeting Record Book** where members can leave their names with contact info. Add "please call" to receive a call and "takes calls" if you are available for outreach.
- "Will someone volunteer to call the members who requested a call this week?"
Thank you—please check the Chat log before you leave.
7. In Overeaters Anonymous...

"**ABSTINENCE**" is the act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

"**RECOVERY**" is removal of the need to engage in compulsive eating behaviors.

Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program."

[amended WSBC May 2019]

8. TOOLS:

Many of us have found we cannot abstain from compulsive eating unless we use some or all of OA's nine tools of recovery to help us practice the Twelve Steps and Twelve Traditions.

The nine tools are: A Plan of Eating, Sponsorship, Meetings, Telephone, Writing, Literature, Action Plan, Anonymity, and Service.

For more information, read *The Tools of Recovery* pamphlet."

9. SPONSORS:

"Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the Steps and Traditions to the best of their ability. Sponsors share their program up to the level of their experience and 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." The InterVoice lists sponsors willing to take calls.

10. LITERATURE:

"Only OA-approved literature is suggested for OA meetings. Many OA members find that reading our literature on a daily basis further reinforces how to live the Twelve Steps."

11. CHIPS

Our Chip person tonight is _____. (A volunteer can use the Chips script.)

12. CHECK-IN

Members who choose to may unmute and introduce themselves before we begin reading.

13. LITERATURE READING: “This is a literature meeting. Today we are studying _____.” (leader can choose from any OA-approved literature)

- Please raise your hand if you have the selected reading and are willing to be called on to read.
- The reading should end by 7:55.

14. PITCHES: (Read the guidelines, then Leader shares, then others can share)

A. Read one, based on week:

On 2nd Wed. of month: Apr 12 May 10 June 14 July 12 Aug 9 Sept 13

Pitches should end by 8:20 to allow time for Intergroup and Treasury reports.

Other Wednesdays: Pitches should end by 8:20 to allow time for 1-2 more “burning desire” pitches.

B. Read pitch guidelines:

“Leader will share experience, strength and hope for up to 4 minutes and then **open the floor** for pitches.

- “Please be mindful to finish within 3 minutes. If you can’t self-time, please raise your hand and a timer will be set for 2 minutes with a 1-minute wind-down.
- “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.
- “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.

15. SEVENTH TRADITION:

“According to our Seventh Tradition, ‘we are self-supporting through our own contributions.’ **Newcomers don’t contribute as a sign that the OA recovery program is a gift to you.** We continue to have ongoing expenses and send contributions to our intergroup, region, and World Service to help carry the message to other compulsive overeaters. World Service suggests a donation of \$5.00 or more. Please see the chat log for payment options or stay after the meeting to ask for details if you are phone only.

16. TWELVE TRADITIONS:

I’ve asked _____ to read “*The Twelve Traditions of Overeaters Anonymous*”?

17. REPORTS:

- Secretary’s announcements
- Other OA-related announcements?
- *2nd Wednesday of each month:* Intergroup Rep’s report Treasurer’s report

18. 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. **To the newcomer, we suggest attending at least six different meetings to learn the many ways OA can help you.** 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. ‘What you hear here, whom you see here, when you leave here, let it stay here.’ Let us all reach out to newcomers, returning members and each other. Together we get better.

“Thank you for asking me to lead this meeting.”

- “Will someone volunteer to lead next week?”
- “After a moment of silence, will those of you who wish please join us in _____.” Select closing of your choice from:

Serenity Prayer

Seventh-Step Prayer

Third-Step Prayer

OA Promise “I Put My Hand in Yours.”