

MONDAY NIGHT VENTURA 7PM ZOOM OA MEETING FORMAT Updated 8/8/2026
Meeting ID: 764 663 562 | For passcode contact Kerry M. 805-940-3655 or Christine B. 323-573-7448

- 1) Hello and welcome to the Monday Night Literature 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? *God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.*
- 3) As we extend the heart and hand of 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. Are there any compulsive overeaters here other than me?
- 4) Is there anyone here for the first, second or third time? [If no, skip to # 5. If yes, continue:] Would you please introduce yourself so we may welcome you?
[Display "Are You a Compulsive Overeater? 15 Questions for You"]

For the Newcomers, we encourage you to:

- Attend at least six different meetings before making a decision; different meetings have different focuses and you may feel more comfortable at some meetings more than others. Please do not become discouraged after just one meeting.
 - Read OA approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions. A link to pamphlets will be posted in the Chat.
 - Get a sponsor to help guide your recovery, and
 - Develop a plan of eating and, if you wish, write down and report daily to your sponsor.
 - A pamphlet to get you started along with our meeting's phone list will be posted to the Chat.
- 5) Will someone please read "The Twelve Steps of Overeaters Anonymous"? (When the reader is finished, say: "Thank you, _____.")
[Please share on-screen the PDF titled, "The Steps"]

- 6) **TOOLS:** In OA, the statement on Abstinence and Recovery is: "Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step Program." The OA tools for recovery help us work the Steps and refrain from compulsive overeating.

The nine tools are: A plan of eating; Sponsorship; Meetings; Telephone; Writing; Literature; Anonymity; Service; and an Action Plan. For more information read the "Tools of Recovery" pamphlet that can be found on OA's website and Amazon.

- 7) **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. Will all sponsors please identify themselves?
- 8) We would like to call anyone who wishes to receive a call during the week, especially if you are a newcomer. Please post your phone number either by your name or in the chat room. May I have a volunteer who would like to make these calls?
- 9) Only OA approved literature is read at this meeting. Many OA members find that reading our literature on a daily basis further reinforces how to live the Twelve Steps.
- 10) We will turn our meeting over to _____ for celebrations.
- 11) **REPORTS:**
[Every week ask]
Is there a Secretary's Report? [At end of report, say: "Thank you _____.]"

"Is there an Intergroup report? [At end of report, say: "Thank you _____.]"
If no Intergroup person, announce that position is available if someone wishes to be of service and if so please stay at end to discuss it.

Are there any other OA announcements? [At end of report, say: "Thank you _____.]"
- 12) **MEETING CHOICE:** This is a literature meeting. We only read OA conference approved literature.

- 13) **INTRODUCTIONS:** Before we begin reading let us introduce ourselves so it won't be necessary before each person reads. After we introduce ourselves we will read until 7:25 pm.

[BEGIN READING THE OA CONFERENCE APPROVED LITERATURE.]

[AT 7:25 PM, MOVE ONTO THE SHARING PORTION OF THE MEETING.]

- 14) **GUIDELINES FOR SHARING:** As you share your experience and strength in OA, please also share your hope. We invite you to qualify your program when you share, but please note this is NOT required. Qualifying is when you share you time in the program, your length of abstinence and change in weight. Please confine your sharing to your own experience with the disease, rather than just the events of the day or week. If you are having difficulties, share how you use the program. If you need to talk more about your difficulties and seek solutions, we suggest speaking to your sponsor and other members after the meeting. Also, as a courtesy, please refrain from mentioning food items as this may trigger another's compulsion.

Feedback, crosstalk and advice-giving are discouraged here. Crosstalk 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 and/or interrupting the person speaking or sharing at the time.

Please limit your sharing to 3 to 5 minutes so everyone has a chance to share. Would someone please be our timer? **We will share until 7:55. The floor is open.**

[STOP MEETING AT 7:55 TO FINISH THE BELOW.]

- 15) **SEVENTH TRADITION:** According to our Seventh Tradition we are self supporting through our own contributions. Please make your contributions via Paypal, payable to ciigtreasurer@gmail.com Newcomers are asked not to contribute at this time but are encouraged to purchase literature at the OA website or on Amazon.
- 16) **CLOSING:** By following the Twelve Steps, attending meetings regularly and using the OA Tools, thousands have changed their lives. We offer hope and encouragement. 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 reach out to each other because TOGETHER WE GET BETTER. [Emphasize the next statement] "TOGETHER WE GET BETTER!"

17) Will someone please read: "The Promises" found on page 83 of AA's Big Book. "If we are painstaking about this...". [Say Thank you _____ to reader]
[Please share on screen the PDF titled, "The Promises" pages 83-84]

18) Thank you for asking me to be your leader this evening. May I have a volunteer who is willing to lead next Monday's meeting?

19) After a moment of silence for those who still suffer, will those of you join me in the _____ Prayer if you feel comfortable doing so. [Leader's choice:]
[Please share on screen, if possible, the image prayers.png]

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.
AMEN

THIRD STEP PRAYER: GOD, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!
AMEN

SEVENTH STEP PRAYER: MY CREATOR, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows. AMEN

Keep coming back, it works if you work it and you're worth it!