



**Overeaters Anonymous
Thursday Evening Meeting Format**

<i>Don't need to read this column. Just a guide.</i>	Format for Reading <i>(This column is the format as it is read by the leader.)</i>	Zoom /Host Guidance <i>(Not read out loud.)</i>
Open Meeting	<p>Welcome to the Thursday evening meeting of Overeaters Anonymous. My name is_____.</p> <p>Will those who wish to please join me in the Serenity Prayer.</p> <p> 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.</p> <p>OA's Unity with Diversity Policy (2021) 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 attribute.</p>	
Newcomers	<p>For all newcomers in the room, we offer you a safe place to start a new way of life.</p> <ul style="list-style-type: none"> • If there is anyone here for a first, second, or third time we invite you to identify yourself, if you wish, so we can welcome you. <i>(Pause for introductions.)</i> • Do we have anyone returning to OA, or visiting from another area who would like to identify yourself so we can welcome you? <i>(Pause for introductions.)</i> 	
Program Encouragement	<p>We encourage newcomers and existing members to:</p> <ol style="list-style-type: none"> 1. Get a sponsor to help guide your recovery. To find a sponsor, look for someone who has what you want, and ask how he or she is achieving it. 2. Attend at least six meetings before deciding if OA is for you. 3. Read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions. 4. Develop a plan of eating, and if you wish, write it down and report daily to your sponsor. 	

Introductions	<p>Are there any other compulsive overeaters here beside myself?</p> <p>In the spirit of OA unity, we take turns introducing ourselves by first name. My name is _____, and I am a compulsive overeater.</p>	
Sponsors	<p>Sponsors are OA members committed to abstinence and to living the 12 Steps and 12 Traditions to the best of their ability. Sponsors share their program with others and strengthen their recovery through this service. If you are looking for a sponsor, find someone who has what you want, and ask them how they do it.</p> <p>Will all long-term sponsors please raise your hands and keep them raised for a moment? <i>(Pause.)</i> Thank you for your service.</p> <p>Will all 12-day newcomer sponsors please raise your hand and keep them raised for amoment? <i>(Pause.)</i> Thank you for your service.</p> <p>For those Sponsors who are currently available to sponsor, we welcome to you put your name and contact in either the book being passed around in-person, or via the virtual chat box.</p>	<p>Virtual Host: Share the following OA literature links via chat.</p> <p>(TIP: Right click to “copy links below”.)</p> <ul style="list-style-type: none"> • https://oa.org/group-resources-list/temporary-sponsors-newcomers-first-twelve-days/. • https://oa.org/working-the-program/sponsorship/
OA Preamble	<p>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.</p> <p>There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations.</p> <p>OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on out- side issues.</p> <p>Our primary purpose is to abstain from compulsive overeating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.</p>	

Participatory Readings	<p>We read <i>Our Invitation to You</i> at his meeting. Who would like to read <i>Our Invitation to You</i>, skipping the 12 steps section?</p> <p>Who would like to read the <i>Twelve Steps of Overeaters Anonymous?</i></p> <p>Who would like to read the <i>Twelve Traditions of Overeaters Anonymous?</i></p> <p>Who would like to read the opening 1st paragraph and the Concept of the Month?</p>	<p>Virtual Host: Share ONLY links via chat. All materials can be found at blueridgeoa.wordpress.com/meeting-formats/</p> <p>In Person: Hands out pamphlet / or print-out.</p>
Abstinence & Recovery	<p>Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.</p> <p>Spiritual, emotional, and physical Recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.</p>	<p>Virtual Host: Share via the Chat box. https://oa.org/news/abstinence-and-recovery-policy-revised-at-wsbc-2021/</p>
Tools	<p>Many of us have found that we cannot abstain from compulsive eating unless we use some or all of OA"s nine tools of recovery.</p> <p>The nine tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, anonymity, service, and an action plan.</p> <p>Would someone please read from the abridged tools of recovery, and share on it if you choose?</p>	<p>Virtual Host: Share via the Chat box. https://oa.org/working-the-program/tools-of-recovery/</p>
Seventh Tradition	<p>According to our 7th Tradition, we are self-supporting through our own contributions.</p> <p>We support our Intergroup, Region, and World Service Office with quarterly contributions as well as pay our monthly rent to help carry the message to other compulsive overeaters.</p> <p>Please give as much as you feel you can to help others. A suggested donation of \$3.00 or more will help this group remain self-supporting.</p> <p>Please see the chat box for further directions</p>	<p>Virtual Host: Share the contact details for this meeting via the virtual chat.</p>
Announcements	<p>Are there any OA-related announcements?</p>	

Group Conscience Guidelines	<p>Our group conscience rules are as follows:</p> <ul style="list-style-type: none"> • Refrain from eating. Beverages are allowed. • You may mention specific foods. • Sharing is not limited to the topic of the evening. You are welcome to share where you are in your recovery. • As you share your experience and strength in OA, please also share your hope. • Feedback and advice giving are discouraged here. • Please take cross talk & side conversations outside the room. Cross talk during an OA meeting is giving advice to others who have already shared, speaking directly to another person rather than the group, and questioning or interrupting the person speaking/sharing at the time. Side conversations include both in-person and virtual chat box. • We ask those of you who belong to other organizations outside of OA to confine your sharing to your OA recovery. • We welcome all newcomers and invite you to stay after the meeting to ask any questions you may have. <p>Our group conscience revisions are held quarterly on the 3rd Thursday of March, June, Sept., and Dec.</p> <p>Group conscience meeting minutes or notes are available upon request.</p>	
Service Positions	<ul style="list-style-type: none"> • Key Holder – Holds our physical key. This person opens and sets up the room for the in-person meeting. • Zoom Host – The zoom host opens the virtual room, shares materials on screen, and helps attendees with muting and other features. • Speaker Coordinator - finds a speaker for the 3rd meeting of the month or may speak themselves. • Intergroup Rep - represents this meeting in monthly intergroup meeting. This is a quarterly position. • Timer - holds up a sign after 3 minutes of sharing, another after 4 minutes of sharing and a 1-minute sign at Positive Pitches. <p>Who will be our timer this evening?</p>	<p>Virtual Host: Share the following via chat </p> <p>If you'd like to sign up in advance to provide service, we offer the following signup as optional.</p> <p>https://docs.google.com/spreadsheets/d/1RaOXqgdPyYoH_eE_beMLbLSAB3bvKE9JNjADCQh0pb0/edit#gid=690493579</p>
Meeting Structure	<p>This meeting starts at 7:00pm and we end at 8:15pm. We break at 8:05pm for Token time and 1-minute Positive Pitches. We begin closing the meeting at 8:10pm.</p>	

Newcomers?	<p>SKIP IF NO NEWCOMERS ARE PRESENT</p> <p>This is a newcomer meeting.</p> <ul style="list-style-type: none"> • First Newcomer Meeting: Read Step 1 from The Twelve Steps and Twelve Traditions of Overeaters Anonymous. • Second consecutive (or more) Newcomer Meeting: We will read passages from For Today and/or Voices of Recovery that pertain to Step 1.
Meeting Options	<p>This is week_____.</p> <p>Week 1: Step Meeting — During step meetings we study the Step of the Month, reading from the Twelve Steps and Twelve Traditions of Overeaters Anonymous.</p> <p>Week 2: Tradition Meeting — During a tradition meeting we study the Tradition of the Month, reading from the Twelve Steps & Twelve Traditions of Overeaters Anonymous. Traditions are for the group what Steps are for the individual OA member.</p> <p>Week 3: Speaker Meeting.— We have no special requirements for Speakers. Tonight, we will be hearing from _____who will share what it used to be like, what happened, and what it is like now. Our speaker may share for approximately 30 minutes.</p> <p>Week 4: Big Book Study — This is a Big Book Study. We read from the book Alcoholics Anonymous.</p> <p>Week 5: Lifeline — We will read from Lifeline. This includes either the Lifeline Sampler or a Lifeline magazine.</p> <p>Does someone know where we stopped at last month?</p>
Read & Share Format	<p>Weeks 1, 2, & 3</p> <ul style="list-style-type: none"> • We read for approximately to 7:45 pm, then we open share until 8:05 pm. <p>Week 4 & 5 Open Share Meeting</p> <ul style="list-style-type: none"> • We will read and share on the passages read until approximately 7:45 pm. You may volunteer to read and pass, or you may read & share on the passage(s) that have been read. • At 7:45 pm we open share. Anyone may share on whatever they need for their recovery. We share until 8:05 pm.
Share Time	<p>We ask that you limit your sharing to 3-4 minutes and share only once until everyone has had a chance to speak if they so desire. We are now open for sharing.</p>

Celebration Time	<p>In the spirit of the slogan “keep coming back no matter what” is there anyone who wishes to acknowledge the anniversary of their first meeting? <i>(Pause.)</i></p> <p>Is there anyone wishing to celebrate any periods of abstinence? <i>(Pause.)</i></p> <p>For all newcomers in the room, we offer you a safe place to start a new way of life. Would any newcomers like a welcome token (in-person) or virtual hug? <i>(Pause.)</i></p>	
Positive Pitches	It's now time for 1-minute positive pitches.	
Promises	Who would like to read the Promises directly from the A.A. Big Book, pages 83-84?	! DON'T share on screen.!
Closing	<p>The opinions expressed here today are those of individual OA members and do not represent OA as a whole.</p> <p>Let us all reach out to newcomers, returning members, and each other. This is an important part of our recovery from compulsive overeating.</p> <p>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.</p> <p>Thank you for the service of being your leader.</p> <p>After a moment of silence, will those who wish to please join me in the "OA Promise</p>	

Revisions			
<ul style="list-style-type: none"> • LE/BG June 11, 2022 post-IG meeting share updates & quick review 	<ul style="list-style-type: none"> • Feb2022 GC / Approved 	<ul style="list-style-type: none"> • Nov2021 (LE) / Approved GC Dec2021 • July 2021 (BG) • Jan 2021 	<ul style="list-style-type: none"> • Sept. 2020 • Sept. 2019 • June 2018 • March 2017 • Sept. 2014