

# NBR OA Format

## *for Thursday In-person*

### OPENING

- Welcome to the Thursday evening meeting of Overeaters Anonymous. My name is \_\_\_\_\_ and I am a compulsive overeater and your leader for this meeting. This meeting is from 7:00pm to 8:10pm. We will break at 8:05pm for Token time and begin closing the meeting.
- If you are coughing, sneezing, or have had exposure to someone who is sick we ask that you consider wearing a mask. Please observe social distancing.
- 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.
- Will those who wish to please join me in the Serenity Prayer.
- We invite you to raise your hand if this is your first, second, or third time, or if you're returning to OA or visiting from another area. (Leader: Pause and say welcome.)
- Are there any other compulsive overeaters here beside myself?
- We introduce ourselves by first name. (Leader begins, "My name is and I am a compulsive overeater.")

### 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."

### ENCOURAGEMENT

We encourage everyone to:

- Read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.
- Develop a plan of eating, and if you wish, write it down and report daily to your sponsor.
- Get a sponsor to help guide your recovery. "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 they are achieving it. **Will all abstinent sponsors please identify themselves?**
- To the newcomer, we suggest attending at least six meetings before deciding if OA is for you.

### READINGS

- Who would like to read **Our Invitation to You** including leading the meeting in reading of the twelve steps? (We read the steps together.)
- Who would like to read the Twelve Traditions of Overeaters Anonymous?
  - Week 1 - Traditions 1, 2, and 3
  - Week 2 - Traditions 4, 5, and 6
  - Week 3 - Traditions 7, 8, and 9
  - Week 4 - Traditions 10, 11, and 12
  - Week 5 - Tradition of the month

## ABSTINENCE, RECOVERY, & TOOLS

- **Abstinence** is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.
- **Recovery** is the 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.
- **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. Would someone please choose and read one tool from the abridged version of *Tools of Recovery*.

## SEVENTH TRADITION

According to our 7th Tradition, we are self-supporting through our own contributions. 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. Please give as much as you feel you can to help others. A suggested donation of \$5.00 or more will help this group remain self-supporting.

**LEADER: IF THE TREASURER HAS AN E-PAY SERVICE READ:** You may also give electronically. See the “We Care List” for details. Remember to add a note to your payment stating “For Thur Meeting”.

## ANNOUNCEMENTS

Are there any OA-related announcements?

## GROUP CONSCIENCE GUIDELINES

- Refrain from eating. Beverages are allowed.
- You may mention specific foods.
- As you share your experience and strength in OA, please also share your hope rather than the events of the day or week.
- Feedback, cross talk, and advice giving are discouraged here. Cross talk 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.
- We ask those of you who belong to other organizations outside of OA to confine your sharing to your OA recovery.
- Only the person sharing at the time may talk; take side conversations outside the room.

Group conscience meetings are held quarterly (3rd Thursday Mar/ Jun/ Sept/ Dec.)

## SERVICE POSITIONS

- Key Holder arrives early to open the doors and set up the meeting. (This is at 6:30 pm.)
- Speaker Coordinator finds recorded shares for the 3rd week meeting. This is a quarterly position.
- Intergroup Rep represents this meeting in monthly intergroup meetings. This is a quarterly position.
- The **Treasurer** collects 7th tradition and distributes funds to Intergroup and handles the ordering of literature for this meeting. This is a six month position.

## READING & SHARING STRUCTURE

- This meeting uses the “read and share” method. Anyone may volunteer to read and share. Only share *once* until all have had a chance to share on a reading. Once the reader has either shared or passed, others may share too. Once the reader has either shared or passed, others may share too. Repeat reading and sharing until 7:45 PM.
- At 7:45 PM we have an open share where anyone may share what they need to help aid their recovery.

## MEETING OPTIONS

**IF A NEWCOMER IS PRESENT** we first read the “Introduction to Overeaters Anonymous” on page 1 of “The Twelve Steps and Twelve Traditions of Overeaters Anonymous” (Second Edition). Then, continue with the below meeting options.

- **Week 1:** This is a Step meeting and we are studying the Step of the Month. We read from the Twelve Steps and Twelve Traditions of Overeaters Anonymous.
- **Week 2:** This is a Tradition meeting and we are studying the Tradition of the Month. Traditions are for the group what Steps are for the individual OA member. We read from the Twelve Steps and Twelve Traditions of Overeaters Anonymous.
- **Week 3:** This is a recorded speaker meeting. If you have a recording recommendation for a future meeting, share it with the *Speaker Coordinator*.
- **Week 4:** This is a Big Book Study. We will read from the book Alcoholics Anonymous.
- **Week 5:** This is a Lifeline & Literature meeting. We will read from Lifeline magazine, pamphlet of choice, or other OA literature option.

## TOKEN TIME

**LEADER:** Who would like to give tokens?

**INSERT:** This Thursday in-person meeting has a wonderful way of celebrating one’s recovery by recognizing time attending meetings and handing out abstinence tokens.

- Who would like to recognize time attending meetings? (pause & say ‘keep coming back’)
- Is anyone celebrating 30 days, 60 days, 90 days, 6 months, 9 months, or any number of years who would like a token? (pause & hand out token)
- For the most important person in the room, are there any newcomers or returning members who would like a welcome “surrender” chip?

## PROMISES

Who would like to read the Promises directly from the A.A. Big Book, pages 83-84?

## CLOSING

The opinions expressed here today are those of individual OA members and do not represent OA as a whole. Let us all reach out to newcomers, returning members, and each other. This is an important part of our recovery from compulsive overeating. 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.

Thank you for asking me to be your leader. After a moment of silence, will those of you who wish to please join us in \_\_\_\_\_.” [Select one of the following suggested closings listed on oa.org: Serenity Prayer, Seventh Step Prayer, Third Step Prayer, or the OA Promise (‘I put my hand in yours...’).]

## Revisions:

March, April 2023

Oct/Nov 2022, COVID           G A P

January 2021, Sept. 2020, Sept. 2019, June 2018, March 2017, Sept. 2014