

OA Meeting Format for Saturday, 10:30 a.m. OA Meeting

Leader reads aloud the text in **black** print only

INTRODUCTION

Welcome to the Saturday 10:30 a.m. meeting of Overeaters Anonymous. My name is _____, and I am a compulsive overeater and your leader for this meeting.

Will those who wish to 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 the wisdom to know the difference.”

WELCOME

Whatever Problem you may have with food, you are welcome at this meeting.

Are there any compulsive eaters here besides myself?

Is there anyone here for a first, second or third time? Would you please tell us your first name so we can welcome you? Pause to see if any newcomers wish to introduce themselves.

If you are returning to OA or are visiting from another area, please tell us your first name so we can also welcome you. Pause to see if anyone wishes to introduce themselves.

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.**

The following 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 or 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.

INVITATION TO YOU & TWELVE STEPS

Will someone read “Our invitation to you” including the Twelve Steps of Overeaters Anonymous? (pass the “Our invitation to you” to the volunteering member and distribute copies of the 12 Steps to the other members.)

Thank you for your service.

TWELVE TRADITIONS

Will someone read the paragraph for the tradition of the month from the Twelve Traditions of Overeaters Anonymous pamphlet.

Thank you for your service.

STATEMENT ON ABSTINENCE AND RECOVERY

Abstinence in Overeaters Anonymous 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.

TOOLS OF RECOVERY

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, Anonymity, Action plan and Service. Will someone read a tool from the the Tools of Recovery pamphlet and share on it if you would like.

Thank you for your service.

SPONSORSHIP

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 and those willing to sponsor please raise your hand to identify yourselves? (wait for members to raise their hands.)

LITERATURE

Only OA approved literature is displayed at this meeting. Many OA members find that reading our literature on a daily basis further reinforces how to live the 12 Steps.

WE CARE LIST

We are passing around the We Care List so that you can put your first name, telephone number, and email (if you wish). We continue to pass the list so that you may take names and numbers off the list. We encourage you to call one of these numbers to talk about what's bothering you before you take the first bite of food.

ANNOUNCEMENTS & CHIPS

Are there any OA related announcements? (allow members to share announcements.)

Will someone hand out chips? (wait for a volunteer to hand out chips.)

Thank you for your service.

SERVICE POSITIONS

Service positions for this group:

Key holder - this volunteer holds the door key for this meeting and opens it every Saturday morning. This is a 3 month position with no term limits

Treasurer - this volunteer collects the 7th tradition after each meeting, pays the monthly rent from the 7th tradition and distributes remaining funds to the

Intergroup. This is a 6 month position with a 2 consecutive term limit. If treasurer is not present please make sure someone takes the collection money home.
Intergroup rep - this volunteer attends the monthly Intergroup meeting on the 2nd Thursday at 6 p.m. in this building. They also take the literature order for this group. This is a 6 month position with no term limits.
Newcomer Greeter - this volunteer calls all newcomers to this meeting. This is a 3 month position.

SEVENTH TRADITION

According to the Seventh Tradition, “we are self supporting through our own contributions.” Our group expenses include a \$50 per month rent and we send monthly contributions to our Intergroup—who in turn passes along the surplus to Region 7 and the World Service Office to help carry the message to other compulsive overeaters. A suggested donation of \$3 by each person will help ensure that this meeting will continue. The collection pouch is going around with the We Care List.

FIRST SATURDAY ONLY

Will the treasurer give the treasurer's report?

Thank you for your service.

READING

Today we will be reading from the following literature: select literature based on the week of the month

1st Saturday: “Abstinence”

2nd Saturday: AA Big Book: Beginning to end Pt. 1 Stories alternating with Overeaters Anonymous 3rd edition stories; AA Big Book; Taste of Lifeline stories; AA Big Book

3rd Saturday: “Lifeline Sampler”

4th Saturday: “Seeking the Spiritual Path”

5th Saturday: “A New Beginning”

We will read literature until 10:55 a.m, then open the meeting for sharing. Will someone begin where we last left off? Members take turn reading literature. When finished please write where we left off on the We Care List.

SHARING

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 overeating, the solution offered by OA and your own recovery from the disease, rather than just the events of the day or week. If you are having difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting. Please keep in mind the size of this meeting when sharing so everyone has an opportunity to share.

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 or sharing at the time. The leader has the responsibility to lovingly remind members to respect our group conscience during sharing.

The meeting is now open for sharing until 11:25 a.m.

Members take turns sharing

POSITIVE PITCHES & BURNING DESIRES

Does anyone have a positive pitch to share or a burning desire you'd like to share so that you won't go home and eat over it?

Pause while members share until 11:29 a.m.

Thank you for sharing.

PROMISES

The Promises come from page 83 of the AA Big Book.

Will someone read the promises? Pass the AA Big Book to the volunteering member.

CLOSING

By following the Twelve Steps, attending meetings regularly and using the OA Tools, thousands have changed their lives. We offer hope and encouragement. To the newcomer, we suggest attending at least six different meetings before deciding if OA is for 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 by phone or email to newcomers, returning members and each other. Together we get better.

Thank you for asking me to be your leader. After a moment of silence, will those of you who wish to please join us for our closing, "I Put My Hand in Yours." Distribute copies to all members (they are on the back of the 12 step copies.)

Keep coming back - it works if you work it! Give a lot of love and service and hugs!

Updated by Barb G. 7/30/21;1/25/19

Updated by Angie K. 9/7/2017

Updated (hand written) by Group Conscience 3/22/13

Updated by Angie K. 2012