

## THURSDAY MORNING MEETING GUIDE

Rev. Jan 2025

*Before meeting ask volunteers to read the Twelve Steps, the Twelve Traditions, the OA For Today reading, and the OA For Today question for the day*

*Information for Leader: If you do not have the pamphlet “Tools of Recovery” you can access it digitally in pdf form at the website <https://bookstore.aa.org>.*

*You can use the “Tools by Month” questions at the end of this document to prompt discussion. Other resources available, the books “Voices of Recovery” and “For Today” have readings in the index on each tool, or a related subject. You can ask for volunteers to take turns reading the meditations, and then ask for comments in the meeting.*

*On the third Thursday of each month ask a speaker (20 - 25 minutes) to focus on how they use the tools in their OA recovery, and then open the meeting for comments.*

Welcome to the Thursday morning Tools Meeting of Overeaters Anonymous. My name is \_\_\_\_\_. I'm a compulsive eater and your leader for this meeting.

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.”

Please mute yourself unless you are speaking.

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.

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 trait.

**THE DEFINITIONS OF “ABSTINENCE” AND “RECOVERY” IN OVEREATERS ANONYMOUS:**

1. **Abstinence:** The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

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2. Recovery: 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.”

### **INTRODUCTIONS:**

Please feel free to put your name and number in the chat so that we can reach out to one another between meetings.

Is there anyone visiting our meeting for the first or second time – either new to our meeting or new to OA? Would you please tell us your first name so we can welcome you?

We encourage everyone 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; and read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.”

I have asked volunteers to read the steps and the traditions:

***[The Twelve Steps of Overeaters Anonymous.]*** [click here for the steps and traditions](#)

***[Twelve Traditions of Overeaters Anonymous.]***

### **MEETING FORMAT:**

This meeting uses the nine Tools of Recovery. As we work the Overeaters Anonymous Twelve Step program of recovery from compulsive eating, the OA Tools help us work the Steps and refrain from compulsive overeating on a regular basis, to help us achieve and maintain abstinence in recovery from our disease.

The nine Tools are a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service. Each month we discuss one or more tools.

Each month we will discuss one or more tools.

[Introduce the topic/tool for the week]

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We refrain from cross talk, feedback, and advice giving during the meeting. The chat is reserved for general announcements to all and not for comments to individuals. We also do not interrupt the meeting leader during our meeting. For OA's definition of crosstalk, please visit the link post in the chat:

*Cut and paste info into the chat:*

<https://oa.org/group-resources-list/what-is-cross-talk/>

In order to allow every member an opportunity to share, please respect the 3 minute time limit and only share once until after the 7th tradition announcements. After that point, the meeting will be open for double sharing. We ask you to accept this group conscience to keep the meeting on track and allow time for every voice.

(Leader can time or ask "Who would like to be our time keeper today?" (Zoom app timer shows on screen)

We are now open for comments.

### **AT 7:50am SEVENTH TRADITION & ANNOUNCEMENTS:**

According to our Seventh Tradition, we are self-supporting through our own contributions. We send regular contributions to our intergroup, our region, and the World Service Office to help carry the message to other compulsive overeaters. Give as if your life depends on it! We encourage OA members to give as much as they are able, to help our group be self-supporting.

This meeting uses Venmo @OAWeekday-MeetingSC or you can mail a check made out to "OA" to our treasurer at the address in the chat.

*Cut and paste info into the chat:*

This group uses Venmo for our 7<sup>th</sup> Tradition. @OAWeekday-MeetingSC.  
Or you can mail a check "Attn: Attn: Tracy, 208 Battery Rd., Irmo SC  
29063

*Read then cut and paste info into the chat:*

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If you would like to be on our email list for group information and updates, please click this link to sign up:

<http://forms.gle/uJc7qLvBjfG5uzSu8>

Are there any local, intergroup or regional OA-related announcements to share?

We are now open again for comments related to our topic \_\_\_\_\_.

### **CLOSING @ 8:12am:**

In conclusion, we would like to stress the importance of anonymity to this group. The Steps are essential to our recovery; our freedom to share deeply at these meetings is important to working the Steps. As a reminder, the opinions expressed here today are those of individual OA members and do not represent OA as a whole. “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. Whom you see here, what you hear 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.

After a moment of silence, will those of you who wish please join us in [Select one: Serenity Prayer, Seventh Step Prayer, Third Step Prayer, or the OA Promise ‘I put my hand in yours....’]

### **TOOLS BY MONTH**

1. January: As we work the Overeaters Anonymous Twelve Step program of recovery from compulsive eating, we have several Tools to assist us. As we start the New Year, we will share our responses to the question – Suggested Question: What tools do you use to refrain from compulsive overeating?
2. February: “A Plan of Eating” Suggested Question: What is your personal plan of eating based on your experience?
3. March: “Sponsorship” Suggested Question: What is sponsorship to you and or how have you used sponsorship in your journey of recovery?
4. April: “Meetings” Suggested Question: What are the most important things you get out of attending meetings and how does this help you in your recovery?
5. May - “Telephone” Suggested Question: We have heard it said – the telephone is our lifeline – our meeting between meetings. How is the telephone your lifeline?
6. June - “Writing” THURSDAY MORNING MEETING GUIDE 12/21 Suggested Question: This month we will take ten minutes to write our thoughts about writing. In this time, think about why is writing a tool of recovery? I will start the timer now.

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7. July - "Literature" Suggested Question: What of the OA literature have you found to be most helpful in your journey of recovery?

8. August - "Action Plan" This month we will work on creating a weekly action plan. What is your action plan for recovery this week?

9. September - "Anonymity" Suggested question: It is said that Anonymity is the spiritual foundation of our program. Why is anonymity important or how do you view personal anonymity?

10. October - "Service" Suggested Question: Service helps our personal program grow. How are you using service to help maintain your recovery?

11. November: As we approach the holiday season, let us take the time to reflect on the tools that we have used successfully over the past year and share with one another our experience, strength and hope. Select any number of the 9 tools and share with the group your strategy for recovery using these tools: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service. Each month we will discuss one or more tools.

12. December: As we approach the holiday season, let us take the time to reflect on the tools that we have used successfully over the past year and share with one another our experience, strength and hope.