

FRIDAY MORNING MEETING FORMAT
Rev. Dec 2020

Before the meeting begins, ask volunteers to read the Twelve Steps and the Twelve Traditions.

Welcome to the Friday morning Big Book Study 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.

INTRODUCTIONS:

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

[The Twelve Steps of Overeaters Anonymous.]

[Twelve Traditions of Overeaters Anonymous.]

MEETING FORMAT:

This meeting is a Big Book study, using the Big Book of Alcoholics Anonymous to gain insights on how to recover from compulsive eating. We listen to portions of the "Joe & Charlie tapes" and their interpretation of the Big Book and make comments for how that relates to our recovery in OA.

We listen to 10-15 minutes of the Joe & Charlie tapes then stop and comment. When we run out of comments, we listen to more and share again... until about 8:10.

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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.

This meeting has decided that the chair for this meeting has the discretion to suggest to anyone sharing that he or she is off-topic or speaking too long. We ask you to accept this suggestion in order to keep the meeting on track. We ask everyone to respect this group conscience.

at 8:10

SEVENTH TRADITION:

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!

This meeting uses Venmo _____ or you can mail a check made out to "OA" to our treasurer at _____.

Are there any OA-related announcements to share?

CLOSING:

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.

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....']

<https://www.youtube.com/watch?v=Gf2LeecLleI&list=PLj8tT63PFSJmk9PXNs8d1vN8k-XzN5iMZ&index=5>