

FRIDAY MORNING OA MEETING GUIDE  
Rev. Jan 2025

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

**Friday Big Book Study OA Meeting**

7:15am – 8:15am (Eastern Time - New York)

[Join Friday Zoom Meeting](#)

Meeting ID: 836 8458 4312

Passcode: Unity

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.

Is there anyone visiting our meeting for the first 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.”

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

*[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 read 2 to 3 paragraphs from the book then stop and comment. When we run out of comments, we read more and share again... until about 8:12.

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. . Please use the chat only for phone number and announcement posting and not cross talk.

This meeting has decided to use a timer and limit shares to 3 minutes. When the timer ends, please wrap up your share. We ask you to accept this group conscience to keep the meeting on track.

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

**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: Tracy  
208 Battery Rd Irmo SC 29063

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

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?

**REOPEN DISCUSSION UNTIL 8:10-8:12**

**CLOSING:**

In conclusion, we would like to stress the importance of anonymity to this group.

“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....'].