

Saturday Morning Meeting Guide

(Rev. Jan 2025)

Before meeting ask volunteers to read [Our Invitation to You and the Twelve Traditions](#).

1. OPENING: “Welcome to this recovery-from-relapse meeting of Overeaters Anonymous. My name is _____. I am your leader for this meeting.”

2. SERENITY PRAYER: “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.”

3. WELCOME: “Welcome. This meeting format has been specifically designed to address recovery from relapse. Our goal is to create an environment of support by providing access to available sponsors with long-term abstinence and to encourage renewed recovery through a fresh perspective on how to work the Steps, including:

- Working toward strong abstinence by using sponsors,
- Reading and studying available OA-approved literature,
- Working all of the Twelve Steps, and
- Living in Steps Ten, Eleven, and Twelve by working ALL the Principles of the program.

“This meeting urges us to accept the idea that a plan of eating and the Twelve Steps together provide the best opportunity for success. It is also suggested that the use of all the Tools of Recovery greatly improves the quality of that success. The Twelve Steps of OA are our solution, wherein we gain freedom from compulsive eating and compulsive food behaviors. They work when we work them; our recovery depends on it.

4. INTRODUCTIONS:

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

“Let’s go around and introduce ourselves by first names.” [Welcome everyone present.]

5. PREAMBLE:

“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 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.”

6. READING:

Have someone read:

- *"Our Invitation to You" including the Twelve Steps of Overeaters Anonymous. [Click here for Invitation](#). Or an abridged version of 'Welcome Home' from the book *A Taste of LifeLine*. [Click here for "Welcome"](#)*

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

“I’ve asked _____ [preselected volunteer] to read Our Invitation to You, which includes the Twelve Steps of Overeaters Anonymous.

“I’ve asked _____ [preselected volunteer] to read the Twelve Traditions of Overeaters Anonymous.”

“The following reading is from our OA pamphlet Welcome Back:

Suggestions for Members in Relapse and for Those Who Care:

Many of us found that our fears unconsciously led us to use food for comfort or escape, but the food eventually overwhelmed and imprisoned us. When we came back to OA, we feared judgment because we considered relapse a failure. It is not. Relapse is proof that we are human and our disease is serious. When treated as a learning experience, relapse does not mean failure. Relapse is not inevitable, but for some of us, it has played a significant part in our long-term recovery. We fell, got up, learned from the experience, and recommitted ourselves at a deeper level to the program. We were always warmly welcomed. The only time we fail in OA is when we stop trying” (p. 1).

7. ABSTINENCE AND RECOVERY: “The definitions of abstinence and recovery in Overeaters Anonymous are:

Abstinence 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 and working the Overeaters Anonymous Twelve Step program on a daily basis.”

8. 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. For more information, read The Tools of Recovery pamphlet.”

9. CONTACT INFO: “We will now put our contact information in the chat. Please share yours if you wish, and we suggest that you take down two or more numbers to call during the week.”

10. SPONSORS: “We are not meant to work this program alone. Most of us have found it indispensable to call on the support of a sponsor for guidance in working our threefold program of recovery. 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 that member how they are achieving it. Would all abstinent sponsors please identify themselves in the chat?”

11. SUGGESTED GUIDELINES FOR 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 eating, 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, share how you use the program to deal with them. If you need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting.”

“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.

12. OPTIONS FOR MAIN MESSAGE: You may wish to choose one of the following suggestions to be used every week or alternate among them on different weeks of the month.

- **Leader or guest speaks** for fifteen to twenty minutes, sharing experience, strength, and hope on relapse and recovery. Topics could include “The Solution Is in the Steps,” “Recovery in God’s Time, Not Mine,” or “Positive Action Strengthens Recovery.”

- **Leader begins a story** from OA’s A New Beginning: Stories of Recovery from Relapse, which is available as an e-book, or a story from chapter 8 of

Taste of Lifeline, “Recovery from Relapse,” pp. 123–137. Each member reads one or two paragraphs and may share on the reading.

• Use “**Been Slipping and Sliding? A Reading and Writing Tool,**” in the Twelfth-Step- Within Handbook, Appendix D, pp. 21–24, also available as a free download on oa.org. Leader can choose one question as the topic; members can take turns reading paragraphs from the suggested reading. The remainder of the meeting time can be used for reading and discussion or discussion only on the question.

- Use the “**Abstinence**” book for reading and sharing on what was read.
- Use **Overeaters Anonymous book** (brown with basket weave) for readings and share.

AFTER READING/SPEAKER:

“This meeting is now open for shares”

13. SEVENTH TRADITION: (around 9am)

“According to our Seventh Tradition, we are self-supporting through our own contributions.

We send regular contributions to our intergroup or service board, 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 7th 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>

14. REPORTS: Are there any OA-related announcements?

15. CLOSING (around 9:12am)

“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. To the newcomer, we suggest attending at least six different meetings to learn the many ways OA can help you.

“There are many different types of meetings, all of which are available to support your recovery from compulsive eating. We welcome you to this meeting whenever you would care to attend. There are other face-to-face meetings and virtual (phone and technology- based) meetings that you may find helpful. Information about these meetings can be found on oa.org.

“This meeting is a place for OA members to come together to share their experience, strength and hope and to gain hope from those who experience recovery from relapse.”

“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. We hope this meeting has given you renewed strength, hope and encouragement. Please keep coming back no matter what.

The OA Responsibility Pledge:

“Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”

“Thank you for allowing 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:

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.

The OA Promise

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

The Third-Step Prayer

God, I offer myself to Thee – To build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do thy will always”

The Seventh-Step Prayer

“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”