

THURSDAY MORNING MEETING FORMAT
Updated January 2022 nr/rb

Start the meeting on Zoom

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

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. "Are there any compulsive eaters here besides myself?"

THE DEFINITIONS OF "ABSTINENCE" AND "RECOVERY" IN OVEREATERS ANONYMOUS:

Abstinence: 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."

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.]

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

[Twelve Traditions of Overeaters Anonymous.]

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

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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 will discuss one or more tools.

This month is:

1. January: As we work the Overeaters Anonymous Twelve Step program of recovery from compulsive eating, we have a number of Tools to assist us. As we start the New Year, we will share our responses to the question –
Question: What tools do you use to refrain from compulsive overeating? (Put this question in the chat)
2. February: Reading from the Pamphlet Tools of Recovery Do I have a volunteer to read the First Tool “A Plan of Eating”
Question: What is your personal plan of eating based on your experience? (Put this question in the chat)
3. March: Reading from the Pamphlet Tools of Recovery Do I have a volunteer to read the Second Tool “Sponsorship”
Question: What is sponsorship to you and or how have you used sponsorship in your journey of recovery?
4. April: Reading from the Pamphlet Tools of Recovery Do I have a volunteer to read the Third Tool “Meeting”
Question: What are the most important things you get out of attending meetings and how does this help you in your recovery?
5. May: Reading from the Pamphlet Tools of Recovery Do I have a volunteer to read the Fourth Tool “Telephone”
Question: We have heard it said – the telephone is our lifeline – our meeting between meetings. How is the telephone your lifeline?
6. June: Reading from the Pamphlet Tools of Recovery Do I have a volunteer to read the Fifth Tool “Writing”
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.
7. July: Reading from the Pamphlet Tools of Recovery Do I have a volunteer to read the Sixth Tool “Literature”
Question: What of the OA literature have you found to be most helpful in your journey of recovery?

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8. August: Reading from the Pamphlet Tools of Recovery Do I have a volunteer to read the Seventh Tool “Action Plan”
This month we will work on creating a weekly action plan. What is your action plan for recovery this week?
9. September: Reading from the Pamphlet Tools of Recovery Do I have a volunteer to read the Eighth Tool “Anonymity”
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: Reading from the Pamphlet Tools of Recovery Do I have a volunteer to read the Ninth Tool “Service”
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. 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.

We will open the meeting for comments.

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 each 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's conscience.

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at 8:10am EST

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! We encourage OA members to give as much as they are able, to help our group be self-supporting. Please give as much as you can.

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

[insert treasurer contact information in the chat]

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....']

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!