

Wednesday Reading and Writing Meeting Format
Rev. Jan 2021

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.

Welcome to the Wednesday morning OA Reading and Writing 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:

1. Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.
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 here for their first meeting or first week in program? Please tell us your

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name so that we may welcome you.

[The Twelve Steps of Overeaters Anonymous.]

[Twelve Traditions of Overeaters Anonymous.]

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, action plan, anonymity, and service. For more information, read The Tools of Recovery pamphlet.”

MEETING FORMAT:

This meeting is a reading and writing format where we use our OA For Today meditation book, and spend self-directed time reading and writing. We start with 3 minutes meditation to get quiet. We read the daily meditation then write for 10-15 minutes. After that we open the meeting for comments on what you wrote.

The Tools of Recovery pamphlet tells us, “Putting our thoughts and feelings down on paper, ... helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them” (p. 4).

MEDITATION:

We will now have a three-minute period of meditation to bring ourselves fully into this room and invite our Higher Power to guide us in our work.” [Set timer for 3 minutes.]

[Read the OA For Today READING and question]

Now we will write for 10-15 minutes. *(Notice when people are finishing up)*

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.

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

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

SHARING:

We will open the meeting to share on what we have read and written.

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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 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 conscience.

The meeting is now open for sharing on what you read and wrote.

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....']