

OA Zoom Meeting Format

“Together We Can Recover” Group

(Before the meeting begins, ask for volunteers to read the 12 Steps of OA, the Tradition of the month, the Tool of Recovery of this week, and the OA Promises. Ask for a volunteer to time the 3-minute shares)

1. Welcome to the “Together We Can Recover” meeting of Overeaters Anonymous. My name is _____. I’m a compulsive overeater and your chairperson for this meeting.
2. Whatever problem you may have with food, you are welcome at this meeting.
3. Will those who wish to please join me in saying 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.”
4. Please mute yourselves, and please unmute when you wish to share.
5. The Preamble of Overeaters Anonymous: 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 overeating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.
6. Does anyone have any OA-related announcements for the group today? Will our treasurer please give us our current account balances?
7. Is there anyone here at this meeting for the first time? *(If no one is new, skip to no. 12)* Would you please tell us your first name so we can welcome you? *(Welcome each person by name)* *(If anyone is new to OA, read:)* Would someone like to read “Our Invitation to You” for our newcomers? *(After the reading, read:)* We encourage those of you new to the program 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; read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.
8. **The OA Statement on Abstinence and Recovery:** Abstinence in Overeaters Anonymous 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 the Overeaters Anonymous Twelve Step program.

9. **Sponsors:** Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the Twelve Steps and Twelve Traditions to the best of their ability. Sponsors share their program up to the level of their experience, and they strengthen their recovery through this service to others. To find a sponsor, look for someone who has what you want and ask how he or she is achieving it. Will all abstinent sponsors please identify themselves? If you're on video, please raise your hand, and if you're on the phone, please unmute and announce yourself.

10. **Literature:** Only OA-approved literature is used at this meeting.

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, crosstalk and advice-giving are discouraged here. Crosstalk 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 refrain from talking while others are sharing. 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 is speaking too long. We ask everyone to respect our group conscience and accept this suggestion so that we may keep the meeting on track.

12. **Seventh Tradition:** According to our Seventh Tradition, we are self-supporting through our own contributions. We ask while we're meeting on Zoom, that you send contributions to our intergroup, the World Service Office, or Region 7 to help carry the message to other compulsive overeaters.

13. You can type your contact information in the Chat box so that others may reach out to you.

14. Would our volunteer please read the recovery tool we'll be focusing on this week? (*After the reading, invite a 10-minute discussion of this week's tool.*)

15. Would today's volunteer please read the 12 Steps? (*After reading:*) Thank you, _____. Would today's volunteer please read the Tradition for this month? (*After reading:*) Thank you, _____.

16. This is a rotating literature meeting. Today we will be reading from (*Read book of week, see below*). We take turns reading the entire selection, and then we take turns with timed shares. If there is time after reading and sharing, we can read today's entry from *For Today* and share on that till 12:25.

First Thursday of the month we read from *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, 2nd edition

Second Thursday *Abstinence*, 2nd edition

Third Thursday *Overeaters Anonymous* (the Brown Book), 3rd edition

Fourth Thursday *Lifeline Sampler*

Fifth Thursday *A New Beginning*

17. (*At 12:25 take the meeting back, ask for any closing thoughts, and go to the Promises*)

18. Would someone please read the Promises from pp. 83-84 of the Big Book?

19. **Closing:** 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. 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 to newcomers, returning members, and each other. Together we get better. Thank you for asking me to be your leader. After a moment of silence, will those who wish please join me in saying 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 to 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!