

**Monday 7 p.m. OA Meeting Format**  
First Monday of the Month – Tradition + Big Book

**Note:** Leader please Zoom in **NO** later than 5 minutes before the meeting starts. There are times when you may have trouble getting on. Before the meeting starts, ask for a volunteer to read “Our Invitation to You.”

**WELCOME:** “Welcome to the **Monday 7 PM** Zoom meeting of Overeaters Anonymous. My name is \_\_\_\_\_. I am a compulsive eater and your moderator for this meeting.”

**SERENITY PRAYER:** “After a moment of silence, will all 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.

“I will now ask everyone else on the Zoom meeting to mute themselves.” “To share, unmute, and after sharing, please remember to mute. This allows us to have a quiet meeting.”

**MEETING FORMAT:** This is the first week of the month, so tonight we are studying the Tradition of the Month until about 7:30 and then reading and sharing from the AA Big Book.

**DIVERSITY POLICY:** “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 newcomers here tonight?

**FOR NEWCOMERS:**

“We encourage you 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.”

**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."

**OUR INVITATION TO YOU:** *[Ask someone to read "Our Invitation to You," which includes the Twelve Steps of Overeaters Anonymous.]*

**READ THE TRADITION of the month:** "Would someone please do service by reading this month's Tradition from the 12 Traditions of OA?" *[Printed in the back of For Today, Voices of Recovery, or The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition.*

**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 achieved through working and living the Overeaters Anonymous Twelve Step program one day at a time."

**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. Would someone please share on how you are using one of the tools?"

**SPONSORSHIP:** Sponsorship is one of our keys to success. Sponsors are members committed to abstinence and to the Twelve Steps as a way of life, and can help guide you in working the Steps to recovery.

**INTRODUCTION OF MEMBERS AND SPONSORS:** We will now give everybody here a chance to introduce ourselves. If you are an available sponsor, or are willing to help someone get started in the program, now is the time to identify yourself by saying "I'm willing to sponsor" after you say your name.

**"INTRODUCTIONS [Make sure all in attendance have a chance to introduce themselves]**

**INTRODUCTION of NEWCOMERS:** "If you are new to this meeting, returning, or new to OA, we would like to welcome you. Please give us your first name if you care to do so. We invite you to join us after the meeting to discuss any questions you may have."

**USE “CHAT” ON ZOOM FOR CONTACT INFO:** Please go to the “chat” icon on this meeting and text your contact information on our virtual “We Care” list, and indicate if you’re a sponsor. We can also get names and contact information from this list to contact others after the meeting.

**TIMEKEEPER:** “We also need a timekeeper to do service and give a ‘gentle reminder’ at 3 minutes.

Please unmute to volunteer for this service. Try to keep your share from 2 to 3 minutes so that everyone who wishes to share will have time to do so. If you are the person sharing, please acknowledge that you heard the timekeeper.”

**GUIDELINES FOR SHARING AT THIS MEETING:** “Please limit your comments to your experience, strength, and hope in living with the disease of compulsive overeating. We refrain from cross talk.

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. Your share is very important to us. So, if we cannot hear you clearly, we may stop you to let you know.

“We encourage those of you who are new to the meeting, or who do not often share, to do so today..

Everyone is welcome to share.”

**Tradition study portion of the Meeting:** “We will begin by studying and sharing about this month’s Tradition. This is the \_\_\_\_ month, so we will be discussing Tradition \_\_\_\_, using the (AA or OA *Twelve and Twelve*.) Who would like to be the first to read and share?

#### **At about 7:30**

“It is time now for our Big Book study. Tonight we are reading the AA Big Book, page \_\_\_\_, beginning with the wording \_\_\_\_.” Who would like to be the first to read and share?

**SHARING:** “Who would like to read and share next?”

***[Note: If you have noise on the line, it is usually because people are unmuted. Ask people who aren’t sharing to mute themselves.]***

**7<sup>th</sup> TRADITION:** “According to our 7<sup>th</sup> Tradition, we are self-supporting through our own contributions. In order to contribute to help carry OA’s message while we are not able to meet in person, please go to [www.Tulsaoa.org](http://www.Tulsaoa.org) and click on the big yellow “Donate” button at the top left-hand corner of the page.

#### **ANNOUNCEMENTS:**

“Who will volunteer to moderate this meeting next week? I will get your email after the meeting and send you a copy of the meeting format, if you don’t already have one.”

Are there any other OA announcements?

**CLOSING** *[5 minutes before close of meeting]*: “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 6 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 virtual (phone and technology-based) and face-to-face meetings that you may find helpful. Information about these meetings can be found on [oa.org](http://oa.org).

“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. As OA’s responsibility pledge states: Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

“Thank you for asking me to be your leader. And thanks to \_\_\_\_\_ for volunteering for next week.

After a moment of silence, will those who wish please join us in the “Third Step Prayer” from page 63 of the Big Book: **“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.”**