

OVEREATERS ANONYMOUS

MONDAY NOON MEETING FORMAT

Welcome to the Monday Noon meeting of Overeaters Anonymous. My name is _____. I am a compulsive overeater and your leader for this meeting.

Who would like to be a co-host today? The co-host watches the participant box and admits people from the waiting room. If necessary, the co-host can also remove people from the meeting if we are bombed.

Who would like to be the timer this week? When we share, the timer lets the person speaking know their time is nearly up at 3 minutes by saying "gentle warning."

We have decided that it works best for the leader to say the opening and closing prayers and for everyone else to just listen or recite them with their microphone muted. Also, if you would like to, you can put your phone number or email into the chat box so that others can contact you.

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.

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.

Is there anyone here for their first, second, or third time, or visiting from another area? **If newcomers are present, please read the following 3 paragraphs:**

Please introduce yourself by your first name so that we can welcome you.

By following the Twelve Steps and attending meetings regularly, and using the OA Tools, we are changing our lives. You will find hope and encouragement in Overeaters Anonymous. You can order OA-approved literature by going to oa.org. Many OA members find that reading our literature on a daily basis further reinforces how to live the Twelve Steps.

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 live and virtual meetings that you may find helpful. Information about these meetings can be found on oa.org. Local ones can also be found on oregon-oa.org.

Let us now introduce ourselves by first names only.

Who would like to lead the meeting next week?

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.

Would someone please read "Our Invitation to You" or "How it Works?" (Leader can screen share if needed.)

Abstinence in OA 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 on a daily basis."

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; anonymity; service; and a plan of action.

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. To find a sponsor, look for someone who has what you want, and ask how he or she is achieving it. We urge you to find a sponsor. Please check the chat box or the OA website for available sponsors, or attend other meetings.

Overeaters Anonymous has 12 Traditions designed to keep our meetings and service committees on track and functioning in a way that nurtures the recovery of all compulsive overeaters who seek help in this Fellowship. The tradition that corresponds to the current month is ... (Read corresponding tradition)

Would someone please read a page from "For Today" or "Voices of Recovery?"

According to our Seventh Tradition, we are self-supporting through our own contributions. At this time, we have a prudent reserve and we are not paying rent or ordering literature, so our group does not need donations. Please donate as you feel you are able to our Intergroup at oregon-oa.org, the region, or world service at oa.org.

Are there any OA-related announcements?

FIRST MONDAY OF THE MONTH

Although this is usually a writing meeting, on the first Monday of the month we read the tradition chapter from the OA 12 Steps and 12 Traditions that corresponds to the current month. There will be no writing; that format will resume next week.

The last 10 minutes of today's meeting will be dedicated to a brief business meeting. Please stay for it.

(Leaders use the usual format for sharing and for closing regular writing meetings. Close by 12:50 and remind people to stay for the business meeting.)

SECOND, THIRD, FOURTH, & FIFTH MONDAYS

This is a writing meeting. We will read a selection from the OA 12 x 12. (If you don't remember where we left off, Connie usually has a record of it.)

When we have finished reading the text, I will read corresponding questions from the OA 12 X 12 Workbook. (Decide where to stop the reading based on which questions the leader wants to use. We normally read about 3 pages in the text and ask 2-3 questions regarding the text as well as a beginner question from Steps 1-2.)

I will set the timer for 9 minutes. After it rings, you will have 1 more minute to finish your writing before sharing starts.

-----Reading text; writing for 10 minutes-----

It is now time 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 with your sponsor or other members after the meeting. Also please minimize talking about specific foods that might trigger others.

Feedback, cross talk, and other 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.

If the group is large, please limit your sharing to 3-5 minutes. The meeting is now open for sharing.

CLOSING

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 reach out by phone or email to newcomers, returning members, and each other. Together we get better.

As with the opening prayer, we ask people to mute their mics or just listen to the prayer.

After a moment of silence, will those of you who wish please join us in the closing prayer, which will be _____. (Leader's choice - options include Serenity Prayer, OA Promise ["I put my hand in yours"], Third-step Prayer, Seventh-Step Prayer.

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