***6:00PM PST zoom Monday Overeaters Anonymous Meeting Format***

Welcome to the 6:00pm Monday Stay in the Day meeting of Overeaters Anonymous. My name is \_\_\_\_\_\_\_\_\_\_. I am a compulsive overeater and your leader for this meeting.

Please silence your phones at this time.

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.*

Let us now introduce ourselves.

This meeting sends a meeting reminder email each Monday morning. If you would like to be added to the email distribution list, please add your email address to the chat. Your email address won’t be used for any purpose.

Newcomers are encouraged to stay after the meeting if they have questions about the OA program. If newcomers would like a follow up email or phone call, please enter your information in the chat so we can reach out to you.

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.

Ask for a volunteer to read …

Twelve Steps of Overeaters Anonymous

The Twelve Traditions of Overeaters Anonymous

This is a literature and discussion meeting. Tonight, we will be reading from \_\_\_\_\_\_\_\_, starting on page \_\_\_\_\_.

Members may share how they relate to the reading. Please keep comments brief as we will have sharing later.

After 20 minutes of reading, we will close the discussion time and begin pitch time.

Will someone please volunteer to be our timer? We share for 3 minutes (depending upon the number of attendees).

SUGGESTED GUIDELINES FOR SHARING:

This is the time where we share our experience strength and hope.

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. When referencing literature during your pitch please refrain from sharing about non-OA, and non-AA literature.

Pitch time is now open.

At 6:55pm:

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. 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.

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.

Thank you for asking me to be your leader. Who would like to lead our meeting next week?

After a moment of silence, will those of you who wish please join us 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.*