



MEETING FORMAT (SATURDAY @ 10:00 AM)

Welcome to the Saturday morning meeting of Overeaters Anonymous. My name is _____, and I'm a _____ (*compulsive overeater, bulimic, anorexic, etc.*) and the leader for today's meeting. Please join me in a moment of silence reflecting on why we are here, followed by 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 your computer, tablet, or phone to ensure that everyone can hear what people are saying. Background noise can be very disturbing. Remember to unmute when wanting to speak.

Will someone please read:

- Introduction to the Twelve Steps (*Pause.*)
 - The Twelve Steps (*Pause.*)
 - The Twelve Traditions (*Pause.*)
 - The first two paragraphs of the Tools of Recovery pamphlet (*Pause.*)
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For those in the in-person meeting, I'm passing the We Care List. Feel free to write your name, phone number, and email address, or to take names, numbers, and email addresses so that you can keep in touch with members between meetings. Please also indicate if you're a newcomer or willing to be a sponsor. Please circulate the We Care List several times during the meeting to make sure all present may sign in.

For those in the in-person meeting, I'm passing the Seventh Tradition basket. Newcomers are expected not to contribute, so please be our guests. We have no dues or fees, but through our voluntary contributions we pay rent and purchase meeting supplies. We also contribute to our local Intergroup, Region 6, and the World Service Office. Our Intergroup provides our website

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and Zoom access, as well as costs related to special events and our public information projects. Please consider this as you make your Seventh Tradition Contribution and give as you are able, to ensure that OA will continue to be here for us and for other compulsive overeaters who have yet to find OA. The OA World Service Office suggests a \$5 contribution. Contributions may also be made by sending a check or money order to: WNY OA, P.O. Box 936, Williamsville, NY 14221. You can also go to oawny.org and click on “Seventh Tradition” to make a PayPal contribution.

If you're a newcomer, please identify yourself by first name only so that we may welcome you. *(Pause.)* Newcomers can go to oa.org to find information about Overeaters Anonymous and to oawny.org to get a listing of meetings in the Buffalo area. We encourage you to try six meetings before you decide whether or not OA is right for you. If you are on Zoom, please put your email address in the Chat so we can send you a newcomer pamphlet. Someone will be available after the meeting to answer your questions. Is there someone present today who can volunteer to answer newcomers' questions for those joining us in person and online? *(Pause.)* Thank you for your service.

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're welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute.

At this time, let's go around the room and introduce ourselves, using first names only. *(Pause. Be sure to allow those attending online to introduce themselves.)*

It is our group's conscience that:

1. Each person serves the group best by sharing their own experience, strength, and hope. Please refrain from crosstalk. Crosstalk is commenting on what someone else has said or talking to a specific person instead of the group. Commenting on someone's share in the Chat is crosstalk.
2. Our Intergroup wants to discourage bullying; therefore, we ask that each person refrain from negative remarks directed to others.

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3. We use AA and OA literature in leading our meetings. OA is spoken here. To comply with AA's World Services Board request, we will not change the words "alcohol" and "alcoholic" to "food" and "compulsive overeater" when reading aloud from AA literature. However, our problem is an addiction to food and compulsive food behaviors.
 4. When you share, please remember the newcomer and remember our primary purpose: to carry the OA message.
 5. We ask that you refrain from mentioning specific foods.
 6. No one person speaks for OA and no one is required to speak.
 7. We share only once regardless of the number of people present.
 8. This is an open meeting of Overeaters Anonymous. Anyone interested in the OA program may attend. Visitors and friends are expected to respect the anonymity of all persons they see or meet at meetings.
 9. Who you see and what you hear in the meeting must remain confidential.
 10. Please refrain from using the Chat.
 11. Since Tradition Ten states that OA has no opinion on outside issues, we ask that you refrain from mentioning politics and/or religion.
 12. Please silence your mobile devices.
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Are there any OA announcements? *(Pause.)*

Before we begin, we ask that you keep your sharing time to five minutes so that all who wish to share may have the opportunity to do so.

The topic (or reading) for today is _____.

(Provide the topic or have attendees take turns reading aloud from OA or AA literature.)

The meeting is now open for sharing. *(Allow time for sharing. Be sure to include those who are attending online.)*

To close the meeting:

If you haven't had a chance to share, please feel free to share with someone after the meeting. I want to thank you for allowing me to be your leader for today. I would also like to thank everyone who participated in today's meeting. Please remember that the opinions expressed here were strictly those of the person who gave them. Take what you like and leave the rest.

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The thoughts you have heard here were spoken in confidence and should be treated as confidential. Keep them in the walls of this room and the confines of your mind and heart. A few special words to those of you who haven't been with us long: whatever your problems, there are those among us who have had them, too. If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened. We are not perfect but you will love us in a special way, the same way we already love you. Let the understanding, love, and peace of the program grow in you "one day at a time."

I've asked _____ (*name*) to read a meditation from *For Today, Voices of Recovery*, or *Daily Reflections*. (*Pause to allow the meditation to be read aloud.*)

Next week's leader is _____ (*name*). Please find a replacement if you're unable to make it to the meeting. We ask that the leader ensure that the OA materials are in the room before the meeting starts—on time at 10:00 AM.

Will all those who care to, please join me in saying _____ (*the Serenity Prayer, the Third Step Prayer, the Seventh Step Prayer, the OA Promise*).

- **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.
- **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 of self, that I may better to 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!
- **Seventh Step Prayer:**
My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.
- **OA Promise:**
I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.