

Sunday Morning Meeting Format

1. "Welcome to the Sunday 10 am meeting of Overeaters Anonymous. My name is _____ I am a compulsive eater and your leader for this meeting."

2. "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."

3. "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 compulsive eaters here besides myself?"

4. "Is there anyone here for a first, second, or third time? Would you please tell us your first name so we can welcome you? If you are returning to OA or are visiting from another area, please tell us your first name so we can also welcome you. [Welcome each person by name.]

5. "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."

6. Ask someone to read "Our Invitation to You," and someone else to read the Twelve Steps of Overeaters Anonymous

7. Ask someone to read the Tradition of the month.

8. 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. 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. I have asked _____ and _____ to each share on a tool for one minute.

10. 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 sponsors please identify themselves?"

11. Announcements: Are there any OA related announcements at this time?

12.

Read the description that corresponds with the week:

"Since this is the first week of the month, I will be reading a selection from Lifeline."

"Since this is the second week of the month, we will be reading the Step from the Twelve Steps and Twelve Traditions, (Second edition), which corresponds with the month."

"Since this is the third week of the month, I will be sharing for the next 7 to 10 minutes." (30 day continuous abstinence requirement)

"Since this is the fourth week of the month, we will be reading the Tradition from the Twelve Steps and Twelve Traditions, (Second edition), which corresponds with the month."

"Since this is the fifth week of the month, I will be sharing for the next 7 to 10 minutes." (no abstinence requirement)

12.

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. 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, 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/sharing at the time. Part of sharing is sharing time, so please keep your shares to 3 minutes or less.

_____ has volunteered to be our timekeeper. The meeting is now open for sharing.

DURING THIRD AND FIFTH WEEK, ASK FOR TWO TOPICS

13.

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

14.

"Thank you for asking me to be your leader. After a moment of silence, will those of you who wish please join us in the Serenity Prayer in the plural: God, grant us the serenity, to accept the things we cannot change, courage to change the things we can, and the wisdom to know the difference

Revised 11/9/22

GJH