

1st Sunday of the Month – STEP STUDY:

Today we will be studying the Step of the month. In this meeting we read the Step in its entirety and then share on the Step.

"Who would like to read Step_____ in the *Twelve Steps and Twelve Traditions of Overeaters Anonymous?*"

[After the Reading – pre-sharing guideline:]

- “Now it’s time for sharing on this step or on another aspect of our program. Please remember:”
- “We share our experience, strength and 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 are using the program to deal with them. If you have questions or 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, questioning or interrupting the person speaking or sharing, or referring to another person by name, such as when mentioning a share.
- “There will be a 2 minute limit for sharing at any one time. Please respect the timer and stop when it beeps rather than add one more thought. This helps to keep our meeting focused and on track. Who would like to start?”

2nd Sunday of the Month – TRADITION STUDY:

“Today we will be studying the Tradition of the month. In this meeting we read the Tradition in its entirety and then share on the Tradition.

Who would like to start reading Tradition_____ in the *Twelve Steps and Twelve Traditions of Overeaters Anonymous?*”

[After the Reading- pre-sharing guideline:]

- “Now it’s time for sharing on this Tradition or on another aspect of our program. Please remember:”
- “We share our experience, strength and 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 are using the program to deal with them. If you have questions or need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting.”
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3rd Sunday of the Month – BIG BOOK STUDY:

Today we will be a Big Book study. We will take turns reading from the Big Book of Alcoholics Anonymous, starting where we left off on page ____ *[This should be written on the sign-in sheet from the previous 3rd Sunday meeting.]* We will take turns reading 2-4 paragraphs (about one page). After you have read, please comment on the passage. If you do not wish to comment, simply say "pass." Then anyone else who wishes to, may comment, before the next passage is read."

As you share, please remember:

- "We share our experience, strength and 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 are using the program to deal with them. If you have questions or need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting."
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- "There will be a 2 minute limit for sharing at any one time. Please respect the timer and stop when it beeps rather than add one more thought. This helps to keep our meeting focused and on track.
- Who would like to begin?"

[After the reading/sharing, ask someone to mark the last page and paragraph read on the sign-in sheet]

4th Sunday of the Month - SPEAKER:

“Today _____ will share his/her story: Please share what you were like, what happened, and how you use the 12 steps in your recovery. At this meeting, we request that the speaker have at least 6 months of abstinence. Please start by sharing your current length of abstinence and time in the program. You are also welcome to share photos. You have 20 minutes to share. Would you like the timer to beep earlier to let you know when 5 minutes are left?”

[Turn it over to the speaker to share for 20 minutes, until 9:05 at the latest, to allow time for sharing. Be sure timekeeper has set timer.]

[After the Speaker- pre-sharing guideline:]

- “Now it’s time for sharing on this speaker or on another aspect of our program. Please remember:”
- “We share our experience, strength and 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 are using the program to deal with them. If you have questions or need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting.”
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- Who would like to start?”

5th Sunday of the Month: - The Promises

Today we will read and share on **The Promises**. [Note: The 9th and 10th Step Promises are read alternately every-other 5th Sunday. See next page for current year's schedule]

[If reading 9th Step Promises]: Will someone please read the **9th Step Promises**, which are found on Page 83 of the Big Book? Thank you.

[If reading 10th Step Promises]: Will someone please read the **10th Step Promises**, which are found on Pages 84-85 of the Big Book? Thank you.

Thank you. Now it is time for sharing on the topic of the Promises. As you share, please remember:

- “We share our experience, strength and 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 are using the program to deal with them. If you have questions or need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting.”
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- Who would like to begin?”

