

This meeting begins at 7 pm.

“Welcome to the Thursday Night Monroe meeting of Overeaters Anonymous. My name is \_\_\_\_\_. I am a compulsive eater and your leader for this meeting. Please silence your phones at this time. Also, it limits distractions during the meeting if online participants mute themselves when they are not reading, speaking, or sharing. Just a reminder that we are a non-food meeting, so please refrain from eating during the meeting or turn your video off.”

“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, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute.

“Are there any compulsive eaters here besides myself?”

“Is there anyone here for their first, second, or third OA meeting? 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.*]

“We encourage you to:

- get a sponsor to help guide your recovery;
- develop a plan of eating and, if you wish, write it down and report daily to your sponsor;
- and read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions”

**“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 to carry the message of recovery through the Twelve Steps of OA to those who still suffer.”

[Ask someone to read “Our Invitation to You,” which includes the Twelve Steps of Overeaters Anonymous.]

[Ask someone to read *The Twelve Traditions of Overeaters Anonymous.*]

### **THE DEFINITIONS OF ‘ABSTINENCE’ AND ‘RECOVERY’ IN OVEREATERS**

#### **ANONYMOUS:**

“Abstinence 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 and working the Overeaters Anonymous Twelve Step program on a daily basis.”

(Business Conference Policy Manual, 1988b [amended 2019, 2021])

**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, action plan, anonymity, and service. For more information read *The Tools of Recovery* pamphlet”

[Ask someone to choose and talk about a tool from *The Tools of Recovery*].

**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 abstinent sponsors please identify themselves?”

**WE CARE:** Please record your name, phone number, and/or email address on the We Care sign in sheet or in the chat window if you are attending online.

Attendees may reference these lists to write down phone numbers and email

addresses to call or write later. If you are a sponsor, please identify yourself as such when you sign in.

**LITERATURE:** “Only OA-approved literature is used at this meeting. Many OA members find that reading our literature on a daily basis further reinforces how to live the Twelve Steps.”

**REPORTS:** Are there any announcements for the good of OA?

**SEVENTH TRADITION:** “According to our Seventh Tradition, we are self-supporting through our own contributions. Expenses are rent and literature. We send regular contributions to our intergroup or service board, our region, and the World Service Office to help carry the message to other compulsive overeaters. Give as if your life depends on it! We encourage OA members to give as much as they are able, to help our group be self-supporting. The suggested donation is \$5.00 or more. If you are a newcomer, we suggest you consider purchasing literature instead of making a donation. To donate online, please go to [SeattleOA.org](http://SeattleOA.org), click the Meetings button, and then click on the Donate button next to the Thursday meetings. The Monroe meeting will be in the drop-down list.”

**STATE THIS MEETING’S CHOICE:**

**Speaker Meetings:** “This is a speaker meeting. We invite a speaker to describe his or her story for about 20 minutes, sharing their experience, strength, and hope. Then members are invited to share on a topic of the Speaker’s choice afterward.” [If the speaker does not offer a topic, ask them if they would like to choose one.]

**SUGGESTED 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, rather than just the events of the day or week. If you are having 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 or sharing at the time.”

“We ask everyone to respect our group conscience. This meeting has decided that the chair for each meeting has the discretion to suggest to anyone sharing that he or she is off-topic or is speaking too long. This meeting asks you to accept this suggestion to keep the meeting on track.”

“We ask that you refrain from speaking about specific foods when you share. Please try to keep your sharing to 3 minutes or less. The floor is open for sharing”

**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.

We welcome you to this meeting whenever you would care to attend. There are other face-to-face meetings and virtual meetings that you may find helpful. Information about these meetings can be found on [oa.org](http://oa.org).

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.

### **OA Responsibility Pledge**

Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

“Thank you for asking me to be our leader. After a moment of silence, will those of you who wish please join in the Serenity Prayer.”

OA Board-approved.

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