

The Twelve Promises Meeting Format

LEADER: “Good evening and welcome to The Twelve Promises meeting of Overeaters Anonymous. My name is _____, I’m a compulsive eater, and your Leader for this meeting.

Please silence your electronic devices, remain muted unless speaking, and avoid visual distractions that may disturb our meeting. Thank you!

At this meeting, we read the *Twelve Ninth Step Promises* and then share on the Promise of the week in a rotation. We encourage participation, via open discussion, in a loving and supportive manner.”

(Screen Shares – Call on Volunteers to Read)

“Will someone please read the *OA Preamble*?”

“Will someone please read the *Twelve Steps*?”

“Will someone please read the *Twelve Traditions*?”

“Will someone please read the *Twelve Promises*?”

LEADER: “We will now pause for the *Seventh Tradition* and *OA Announcements*, if any.

Our Seventh Tradition states:

Every OA group ought to be fully self-supporting, declining outside contributions.

While no dues or fees are required for membership, OA members have a responsibility to keep our rooms open, provide opportunities for fellowship, and spread our message of recovery.

Our Zoom Host will place Seventh Tradition Information into the chat.”

“Are there any brief announcements for the good of OA?”

LEADER: (Announce the Promise for the meeting -- refer to the 12 Promises Schedule)

“Tonight, the Promise is: _____

“Again, the Promise for tonight is: _____

LEADER: “It is now time for open sharing. At this meeting we will continue sharing until everyone, who wishes to, has the opportunity. If you need to leave before the close of the meeting, please feel comfortable doing so.

Please limit your shares to 3 to 5 minutes. Share on today’s Promise or anything directly related to your OA recovery. Some topics are best discussed with your sponsor or though seeking outside help. Who would like to share?”

(Call on members to share)

LEADER: (After everyone has had the opportunity to share, the leader closes)

“Thank you everyone for your sharing and service... together, we get better!

(Screen share – Call on Volunteer to Read)

Will someone please read *A Vision for You* and kindly pray us out with the *Serenity Prayer*?”