

Suggested Virtual Format

“Welcome to the _____ meeting of Overeaters Anonymous.
My name is _____. I am a compulsive eater and your leader for this meeting. Please mute yourself. The host can also mute you.

“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.

“Are there any compulsive eaters here besides myself?”

“Is there anyone here for the 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.*]

“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 compulsive food behaviors 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, Just For Today or How it Works.
- Twelve Steps of Overeaters Anonymous.
- The Twelve Traditions of Overeaters Anonymous.
- The Twelve Concepts of OA Service of the month

THE DEFINITIONS OF “ABSTINENCE” AND “RECOVERY” IN OVEREATERS ANONYMOUS:

1. Abstinance: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.
2. Recovery: Removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.”

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.”

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 in our chat box.

Please use the chat to write your name and number. If you sponsor or need a sponsor

LITERATURE:“ Only OA-approved literature is read at this meeting. Many OA members find that reading our literature on a daily basis further reinforces how to live the Twelve Steps. According to Tradition 10, OA groups will only refer to OA approved literature during an OA meeting. We have no opinion on outside issues. (The 12&12 of OA, 2nd edition)

REPORTS: Any reports for the good of the order.

SEVENTH TRADITION:“ According to our Seventh Tradition, we are self-supporting through our own contributions. Expenses do not stop in the virtual world. PTI sends monthly contributions to Region, and the World Service Office. You can donate by going to oapinellas.org and click on the Donate button to donate by PayPal or credit card. You can also send a check to P.T.I. P.O. Box 8544, Seminole, Florida 33775-8544.

SUGGESTED GUIDELINES FOR SHARING: [*We suggest you read the following before members begin 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, 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 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 in order to keep the meeting on track.” *[We suggest you add here any other guidelines your group conscience has decided to follow.]*

STATE THIS MEETING’S CHOICE: We read from Voices of Recovery.

CLOSING: By following the Twelve Steps and Twelve traditions, attending meetings regularly, and using the OA Tools, we are changing our lives. You will find hope and encouragement in Overeaters Anonymous. Too the newcomer, we suggest attending at least six different meetings to learn the many ways OA can help you.

“There are many different types of meetings, all of which are available to support your recovery from compulsive eating. We welcome you to this meeting whenever you would care to attend. There are other face-to-face meetings and virtual (phone and technology-based) meetings that you may find helpful. Information about these meetings can be found on 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.

Thank you for asking me to be your leader. After a moment of silence, will those of you who wish please join us in_____. (Closing of your choice. The 1993 World Service Business Conference suggests that meetings be closed with The Serenity Prayer, Third Step Prayer, Seventh Step Prayer, or the OA promise “I put my hand in yours”

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