

Suggested OA Meeting Format

Monday Noon - JUMC / Zoom Hybrid Meeting

Setup: If possible, please sit at the table so all can be seen, turn camera toward speaker if necessary.

1. Welcome all to the Monday Noon Meeting of Overeaters Anonymous. Whether you attend face-to-face, on Zoom or on the phone, your presence here makes a difference and you are welcome. My name is _____, and I am a compulsive overeater and your leader for this meeting.

2. Will those who wish please join me in the Serenity Prayer?

3. Are there any compulsive overeaters here besides myself?

4. Is there anyone here for the first, second or third time? Please tell us your first name only so that we can welcome you. Are there any out-of-town guests? We are willing to stay after to answer any questions you may have.

*** (Leader gets a "Where do I start" pamphlet for the newcomer(s). Explain that we will write down phone numbers and names on the pamphlet and give it to them at the end of the meeting. We encourage them to utilize oa.org for more information.)

5. Have someone read the OA Preamble.

6. Have someone read the 12 Steps.

7. Have someone read the 12 Traditions.

8. Have someone read the Long Form of the Tradition of the Month.

9. This is a literature meeting. As decided by our group-conscious we are reading the literature titled _____ and we will begin on page _____. We will read one page and the reader can either share or pass.

10. There is a 3 minute time limit for each share. Who would like to be our timer? Please give a verbal "gentle reminder" at 30 seconds left.

11. Sharing will continue on this page until everyone has had a chance to share and we have completely unpacked our experience, strength and hope as it relates to the reading. Please refrain from sharing a 2nd time until everyone has had an opportunity to share. If silence is lengthy, the Leader asks if there are any objections before moving to the next reading.

12. Feedback, cross-talk and advice-giving are discouraged here.

13. If you are doing something that may be distracting to others, please turn off your video and mute yourself (the zoom keyholder is able to mute participants as needed).
14. The leader of this meeting has the discretion to suggest to anyone sharing that they are off-topic by saying "gentle reminder-please accept this suggestion in order to keep our meeting on track."
15. Please share about your recovery in the OA program and limit your reference to OA Conference approved literature.
16. Leader opens the meeting with the first reading.

CLOSING PROCEDURES:

1. Close out sharing 5-7 minutes before the end of the meeting.
2. Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the 12 Steps and 12 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. Would all abstinent sponsors, please raise your hands? The sponsors are _____. Would someone on Zoom say who raised their hand? Thank you.
3. According to our 7th Tradition, we are fully self-supporting declining outside contributions. Expenses are for rent, zoom and carrying the OA message locally, regionally and worldwide. Please give—as you can. Treasurer or leader announces methods for contributions.
4. If you would welcome calls or texts- please put your number by your name or in the chat. Feel free to snap a picture of the chat or the sign-up sheet. Together we get better!
5. Are there any OA announcements?
6. By following the Twelve Steps, attending meetings regularly, and using OA tools, we are changing our lives. To the newcomer, we suggest attending at least six different meetings to learn the many ways OA can help you.
7. 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. Who you see here, what you hear here, when you leave here, let it stay here.
8. Would someone volunteer to lead the meeting next week? The format is on the oabatonrouge.org.
9. Closing: The leader's choice.