

**Overeaters Anonymous Meeting, Juneau, AK**  
**Saturday 10AM-11AM Discussion/Topic Format**

**(We are committed to begin and end the meeting on time.)**

1. Welcome to the Saturday morning meeting of Overeaters Anonymous. My name is \_\_\_\_\_,  
I am a \_\_\_\_\_ (compulsive overeater, food addict, etc.) and the leader for this meeting.
2. After a moment of silence to reflect on why we are here, will those who wish join me in the Serenity Prayer.  

*God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.*
3. IF IN PERSON: Per group conscience, we try to be as close to a fragrance-free meeting as possible. Please remember to turn your cell phones off.
4. IF ZOOM: First I'd like everyone to mute their microphones. This will help minimize background noise. Remember we are a program based on the spiritual principle of anonymity. You are responsible for not only your anonymity, but also for the anonymity of the group. Please make sure you are in a safe place where you can maintain yours and others anonymity. Screenshots, photos, and recordings of any kind are not permitted.
5. 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.
6. We encourage everyone 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.
7. **Optional reading (good to read if newcomers are present):** This is the OA preamble. Overeaters Anonymous is a fellowship of individuals who, through shared experience and mutual support, 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.

8. Ask someone to read either (1) “Our Invitation to You”, or (2) “How it Works” from Chapter 5 of the Big Book of Alcoholics Anonymous.
9. Ask someone to read the “Twelve Traditions”.
10. Are there any sponsors wishing to recognize an OA birthday? Does anyone wish to recognize their own OA birthday?
11. **Definition of ‘Abstinence’ and ‘Recovery’ in Overeater’s 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 the Overeaters Anonymous 12-step program.”*
12. Tools: The OA Tools of Recovery help us work the Steps and refrain from compulsive overeating. The 9 tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, an action plan, anonymity and service. For more information, read The Tools of Recovery pamphlet.
13. **Sponsors:** Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the Steps and Traditions to the best of their ability. Sponsors share their program up to the level of their experience and 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 available sponsors please identify themselves? All sponsors are encouraged to share their contact information.
14. **Literature:** Only OA approved literature is read and displayed at this meeting. Many OA members find that reading our literature on a daily basis further reinforces how to live the Twelve Steps. There is literature available through the oa-southeastalaska.org website as well available through World Service.
15. **GUIDELINES FOR SHARING:**
  - “Please refrain from mentioning specific foods.”
  - (The leader proposes a topic and can share up to 5 minutes.)
  - (If there are more than 6 people present, including those on the phone, say the following:)
  - “Please keep your sharing to 3 minutes so that everyone has a chance to share.”
  - “I’ve asked \_\_\_\_\_ to be the timer.”
  - ***Please share your experience and strength and hope in Overeaters Anonymous. Cross-talk and speaking directly to another member is discouraged.***
16. **Optional:** ask someone to read the day’s reading from For Today and/or The Voices of Recovery
17. Topics:
  - a. Share “what it was like, what happened and what it is like now.”

- b. Choose a topic and specific readings (such as from For Today or The Voices of Recovery) on that topic from any OA literature;
  - c. Choose one or more of the 12 steps or 12 traditions to discuss. If there are newcomers, it's a good idea to focus on the 1<sup>st</sup> step. Using the OA 12 x 12, read some or all of the corresponding chapter on that particular step.
18. **Seventh tradition:** 5 minutes before the end of the meeting (**PLEASE READ**) - “We have a Seventh Tradition that states we are fully self-supporting through our own contributions; asking that newcomers buy literature instead of contributing if they wish. Our expenses are rent, literature, retreats and Region One and World Service Office contributions. We encourage OA members to give as much as they are able to help our group be self-supporting.” Pass around the donation container.
19. Is there a volunteer to lead the meeting next week? Is there a volunteer to be the Host and open up the Zoom meeting 10 minutes in advance.
20. Are there any announcements?
21. (*Read if newcomers are present*): If you are new to OA, we welcome you and offer the gift of acceptance, whatever your circumstances. We are available after the meeting and on the phone to talk and share our experience, strength and hope. We hope you will try at least 6 meetings before you decide if OA is for you.
22. If time allows, the leader can choose a closing reading. (See meeting notebook for these suggested readings):
- a. Last paragraph from “Our Invitation to You” – “If you remove your body from the truth.....”
  - b. The Promises from the Big Book
  - c. “Acceptance is the answer to all my problems today.....”
  - d. “Our Vision for You” from pg. 164 of the Big Book of Alcoholics Anonymous
  - e. “We who began working the steps.....”
23. In closing, the opinions expressed here today by those of us who shared are our own and not necessarily those of OA as a whole. Take what you like and leave the rest. Remember what was spoken here today was confidential. Who you see here, what you hear here, when you leave here, let it stay here.
24. Will those who wish to join me in the closing prayer:
- a. Serenity Prayer
  - b. Third Step Prayer
  - c. Seventh Step Prayer
  - d. I put my hand in yours