

# Sunday Morning 9:30am Meeting Format

## Open the Meeting:

Welcome to the Sunday morning 9:30am meeting of Overeaters Anonymous. My name is \_\_\_\_\_. I am a compulsive eater and your leader for this meeting. Will those of you who wish to, 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.

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 a first, second or third time? **Would you please tell us your first name so we can welcome you?**

Are there any visiting or returning OA's? **Please tell us your first name so we can welcome you.**

To the newcomer, we suggest attending at least six different meetings before deciding if OA is for you. We encourage everyone to get a sponsor to guide your recovery, develop a plan of eating, 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 overeating and to carry this message of recovery to those who still suffer.

## Readings:

*If there is a newcomer present, ask for a volunteer to read "Our Invitation to You." If not, ask for a volunteer to read "The Twelve Steps of Overeaters Anonymous".*

*Ask for a volunteer to read "The Twelve Traditions of Overeaters Anonymous."*

Abstinence and Recovery: 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 working and living the Overeaters Anonymous Twelve Step program on a daily basis.

Tools: The OA tools of recovery help us to work the Steps and refrain from compulsive overeating. The nine tools: a plan of eating, sponsorship, meetings, telephone, writing, literature, anonymity, service and action plan. For more information, read the pamphlet *Tools of Recovery*.

Sponsors: Sponsorship is one of our keys to success. Sponsors are committed to abstinence and to the Steps and Traditions, and by sharing their recovery they strengthen their own programs. To find a sponsor, look for someone who has what you want and ask how he or she is achieving it.

Meeting Record Book: If you are attending the meeting via zoom, if you would like, please put your name, phone number and email address in the chat. If you are attending in person, there is a meeting record book being passed around for the same purpose. Please feel free to take down names and numbers to contact later. If you are looking for a sponsor or if you are a sponsor looking for sponsees, we invite you to make a note next to your entry.

Literature: This is a literature meeting and only OA-approved literature is used here. Many OA members find that reading our literature on a daily basis further reinforces how to live the Twelve Steps.

In this meeting, we confine our sharing to our experience with the disease of compulsive eating and the solution we have found in OA. By group conscience we do not discuss specific food items in this 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 at the time. We ask that you also limit interactions with children who may be present, as this could be distracting to other members.

Please time your sharing to allow everyone a chance to speak. Sharing is voluntary; you won't be called on. The meeting is now open.

**Around 10am, break for the seventh tradition and announcements:**

According to our Seventh Tradition, we are self-supporting through our own contributions. Newcomers are asked not to contribute, but may be interested in purchasing helpful literature instead. We keep a prudent reserve to cover any expenses, and we send the balance of our

monthly contributions to our Intergroup to pay expenses at the local, regional, and international level, to help carry the message to other compulsive eaters. To find information on how to make a contribution, please go to <https://oa-alaska.org/alaska-meeting-lists> We encourage OA members to give as much as they are able.

Are there any OA related announcements?

**After announcements, reopen the meeting for sharing:**

The meeting is now open for sharing. As before, please confine your sharing to your experience with the disease of compulsive eating and the solution offered by OA, 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. Please time your sharing so everyone has a chance to speak.

**Around 10:25am, prepare to close the meeting:**

It's now 10:25 and the meeting will be closing in a few minutes. Is there anyone who would like to share before we close?

**Closing:**

By following the Twelve Steps, attending meetings regularly and using the OA tools, we are changing our lives.

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 hear, let it stay here, when you leave here.

I'd like to encourage everyone to take a moment to reach out by phone or email this week. Together we get better.

Thank you for asking me to be your leader. After a moment of silence, will those of you who wish to please join us in \_\_\_\_\_. [*Please select one: the Serenity Prayer, the Seventh-Step Prayer, the Third-Step Prayer, or the OA Promise "I Put My Hand in Yours."*]

*Closings can be found at the end of the meeting format.*

# Our Invitation to You

We of Overeaters Anonymous have made a discovery. At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health, and self-confidence, which some of us had once possessed, were no defense against it.

We have learned that the reasons for the illness are unimportant. What deserves the attention of the still-suffering compulsive overeater is this: There is a proven, workable method by which we can arrest our illness.

The OA recovery program is patterned after that of Alcoholics Anonymous. As our personal stories attest, the Twelve Step program of recovery works as well for compulsive overeaters as it does for alcoholics.

Can we guarantee you this recovery? The answer is up to you. If you will honestly face the truth about yourself and the illness; if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover.

To remedy the emotional, physical, and spiritual illness of compulsive eating, we offer several suggestions, but keep in mind that the basis of the program is spiritual, as evidenced by the Twelve Steps.

We are not a “diet club.” We do not endorse any particular plan of eating. In OA, abstinence is the act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Once we become abstinent, the preoccupation with food diminishes and in many cases leaves us entirely. We then find that, to deal with our inner turmoil, we have to have a new way of thinking, of acting on life rather than reacting to it—in essence, a new way of living.

From this vantage point, we begin the Twelve Step program of recovery, moving beyond the food and the emotional havoc to a fuller living experience. As a result of practicing the Steps, the symptoms of compulsive eating and compulsive food behaviors are removed on a daily basis, achieved through the process of surrendering to something greater than ourselves; the more total our surrender, the more fully realized our freedom from food obsession.

Here are the Steps as adapted for Overeaters Anonymous:

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

“But I’m too weak. I’ll never make it!” Don’t worry; we have all thought and said the same thing. The amazing secret to the success of this program is just that: weakness. It is weakness, not strength, that binds us to each other and to a higher power and somehow gives us an ability to do what we cannot do alone.

If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone anymore. Welcome to Overeaters Anonymous. Welcome home!

Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.  
Overeaters Anonymous®, Inc.  
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# The Twelve Steps of Overeaters Anonymous

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# The Twelve Traditions

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

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## **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.

## **Third Step Prayer (AA Big Book p 63)**

God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!

## **Seventh Step Prayer (AA Big Book p 76)**

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.

## **OA Promise**

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness. No longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.