

## **OVEREATERS ANONYMOUS WEDNESDAY SUGGESTED VIDEO/ TELEPHONE MEETING FORMAT**

**1. WELCOME:** “Welcome to the Wednesday 7:00pm phone and video meeting of Overeaters Anonymous. My name is \_\_\_\_\_. I am a compulsive eater and your moderator for this meeting.”

**2. SERENITY PRAYER:** “After a moment of silence, will all those who wish, unmute and please 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 wisdom to know the difference.

**3. A SPECIAL NOTE ABOUT ANONYMITY:** Because of the nature of video and phone meetings, please take caution to safeguard your own and other member’s anonymity. This means:

- avoid using speaker phone when others are around who could overhear.
- ensure your computer screen is positioned in a way that others can not see the faces of those on the video call.
- if you choose to share, please protect your own anonymity by considering who can overhear you.

**4. DIVERSITY POLICY:**“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, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait.”

**5. PREAMBLE: “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.”

We encourage all our members 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.”

**6. PROMISES (*read at the end*)**

Reader: \_\_\_\_\_

**7. 12 STEPS:**

Reader: \_\_\_\_\_

**8. TRADITION OF THE MONTH:**

Reader: \_\_\_\_\_

**9.THE DEFINITION OF“ABSTINENCE”AND“RECOVERY” IN  
OVEREATERS ANONYMOUS:**

1. Abstinence: 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.”

**10.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, an action plan, anonymity, and service.

**11. SEVENTH TRADITION:** “According to our Seventh Tradition, we are self-supporting through our own contributions. There is a PayPal Button next to the information of this meeting on [OAUnity.org](http://OAUnity.org). Please specify the Wednesday Meeting. Staci is available to help if you prefer not to use PayPal

**12. INTRODUCTIONS:**

“If you are new or this is your 2nd or 3rd meeting, please let us know so we can welcome you.”

**13. 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. If you are an available sponsor or are willing to help a newcomer please put you name and number in the chat.

**14. REPORTS:** “It is now time for announcements.

- “Our group conscience meeting is held on \_\_\_\_\_, immediately following our regular meeting. You are invited to stay on and participate.
- “Due to these special circumstances, we want to arrange meeting leaders ahead of time as much as possible. If you are willing to do service as leader next week please let me know now”
- “Are there any other reports related to this meeting or this line?”

**15. READINGS**

In this meeting we read one story twice from the OA book *Body Image, Relationships and Sexuality*. Who would like to read first?

**16. GUIDELINES FOR THIS PHONE MEETING:** “Please limit your comments to your experience, strength, and hope in living with the disease of compulsive eating. We refrain from cross talk. 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, mentioning another member by name and questioning or interrupting the person speaking or sharing at the time. This meeting is a particularly safe space. Therefore we also refrain from speaking about one another’s physical appearance; Negative or Positive. Your share is very important to us. So, if we cannot hear you clearly, we may stop you to let you know.

There is time after the meeting closes for sharing and repeating contact information.

Everyone is welcome to share.”

**17. TIMEKEEPER:** \_\_\_\_\_ has volunteered to be our timekeeper. If you are the person sharing, please acknowledge that you heard the timekeeper. We are now open for shares

## 18. SHARES

## 19. THE PROMISES

**20. CLOSING** *[5 minutes before close of meeting]*: “By following the Twelve Steps, attending meetings regularly, and using the OA Tools, we are changing our lives. You will find hope and encouragement in Overeaters Anonymous. To 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. Please visit [OAUnity.org](http://OAUnity.org) to get updates about OA meetings in the greater Chattanooga and North Georgia area. As our intergroup and individual meetings respond to the coronavirus, we will keep up to date information there. There are other virtual meetings that you may find helpful. Information about all OA meetings can be found on [oa.org](http://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. As OA’s responsibility pledge states: Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

“Thank you for asking me to be your leader. After a moment of silence, will those who wish please unmute and join us in the We version of the Serenity Prayer.”

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