.Tuesday 11:30 Zoom meeting format
(updated 11/10/26)

If time permits, before the meeting begins, ask for a volunteer to read the 12 steps when the time comes.

Welcome to the Tuesday 11:30 meeting of Overeaters Anonymous. My name is _____, and I'm a compulsive overeater. Those who wish to join me in the Serenity Prayer, unmute your microphone.

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.

I ask everyone to mute your microphone until you wish to speak. 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. 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.

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.

Would someone please read the Twelve Steps?

I will now read the Tradition of the month.

January	February	March
Our common welfare should come first; personal recovery depends upon OA unity.	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.	The only requirement for OA membership is a desire to stop eating compulsively.

April	May	June
Each group should be autonomous except in matters affecting other groups or OA as a whole.	Each group has but one primary purpose–to carry its message to the compulsive overeater who still suffers.	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.
July	**August**	**September**
Every OA group ought to be fully self-supporting, declining outside contributions.	Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.	OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
October	**November**	**December**
Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.	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.	Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

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. For more information, read the Tools of Recovery pamphlet.

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 on video please identify themselves by raising their hands? Sponsors not on video, can unmute and announce your name.

Is there anyone who is new to OA and this is your first, second, or third meeting? Please unmute your microphone and tell us your first name so we can welcome you.

READ THIS PARAGRAPH IF THERE IS SOMEONE NEW TO OA: It is suggested that newcomers attend at least six different meetings to learn the many ways OA can help you.

Everyone is invited to visit the Central VA OA website for information, meeting lists, and more - centralvaoa.org. This message will be posted in the chat for your reference.

Everyone is invited to share your contact information by clicking on the Chat box and typing it in there. Fellows who post their contact information in the chat are open to receiving calls/texts/emails for outreach and support. You can also post your contact information so others may reach out to you.

This is a speaker meeting. Our speaker will share experience, strength and hope for 30 minutes, then suggest a topic on which you may comment, and then we will have open sharing. I'll take the meeting back at 12:25. Is someone willing to be our timekeeper today?

INTRODUCE THE SPEAKER and ask, "Do you want a 5-minute warning before the end of your time?"

AFTER THE SPEAKER FINISHES- As you share today, please confine your sharing to your experience with the disease of compulsive eating, the solution offered by OA, your recovery from the disease, and your hope. Shares are limited to three minutes. Feedback, crosstalk, and advice-giving are discouraged. Crosstalk 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. This meeting has decided that the meeting leader has the discretion to suggest to anyone sharing that he or she is off topic. We ask you to accept this suggestion in order to keep the meeting on track.

ASK THE SPEAKER: Would you suggest a topic for sharing?

TAKE THE MEETING BACK AT 12:25 - It is now time for me to take the meeting back.

According to our Seventh Tradition, we are self-supporting through our own contributions. Normal expenses are contributions to our intergroup, region, and the World Service Office to help carry the message to other compulsive overeaters. You can make contributions via PayPal on our website, centralvaoa.org, or by mailing a check to CVIG (Central Virginia Intergroup), PO Box 70611, Henrico VA 23255-0611.

If you cannot afford to purchase literature and need a book, Central Virginia Intergroup will provide one for you. Your choice of either the OA Brown Book or the OA 12 and 12 will be provided free of charge. Books can only be mailed within the continental United States. Send your request to Celeste L at mcleblanc1977@gmail.com. This information is also posted in the chat box.

We need a leader and a host for next week's meeting. Who would like to do that service?

Are there any OA-related announcements?

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 to newcomers, returning members, and each other. Together we get better.

Those of you who wish to join me in the Serenity Prayer, unmute now. Then we will close with the short version of "I put my hand in yours."

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.

I put my hand in yours and together we can do what we could never do alone.