Friday 11:30 a.m. Meeting Format

Updated 11/06/26

Welcome to the Friday Overeaters Anonymous Steps and Traditions meeting. This meeting originates in Richmond, Virginia as part of the Central Virginia Intergroup. My name is _____. I'm a compulsive eater and your leader for this meeting.

Will all who wish to, please unmute your microphones and 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. Please mute your microphone until you wish to speak. Would someone read the OA Preamble?

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.

As we welcome all to our meeting, 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, nationality, religion, gender identity, sexual orientation, or any other trait.

Is anyone with us today for their first-ever OA meeting?

***[IF A FIRST-TIMER TO OA IS PRESENT**:]* Please unmute and share your first name so that we may welcome you. Be sure to check out the websites oa.org and centralvaoa.org for information. We encourage you to get a sponsor to guide you in your recovery and to attend at least six different meetings before deciding whether OA is for you. We invite you to stay after the meeting so we can answer any questions you may have.

***[IF NO FIRST-TIMERS TO OA ARE PRESENT**:]*

If anyone is at this particular meeting for the first, second, or third time, we especially welcome you.

- Will someone read the 12 Steps?
- Will someone read the 12 Traditions?

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.

Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working toward 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.

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. 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 identify themselves? If you're on video you can raise your hand, or if you're on the phone, unmute and say your name.

You can share your contact information by clicking on the Chat box and typing it in there. Feel free to take names, numbers, and email addresses from the Chat box to use later.

We read from the purple second edition of The Twelve Steps and Twelve Traditions of Overeaters Anonymous alternating between steps and traditions. We read step 1 then tradition 1 etc. While we would prefer that everyone use the same edition, if you only have the first edition available to you, you are still welcome to read. We will take turns reading one or two paragraphs, then sharing.

Feedback, cross talk, and advice giving are discouraged here; we speak directly to the group rather than commenting on what others have said. We ask you to refrain from discussing religion, treatment centers, or any non–conference-approved literature.

Anyone can read and share, and then anyone else can share on that passage before we move on. If you don't have the literature we are reading, you may still share. Remember to unmute your microphone and announce yourself.

We will keep our shares to 3 minutes. Who is willing to be our time keeper?

If this is your first OA meeting and you didn't introduce yourself earlier in the meeting, would you give us your first name now so we can welcome you?

[NOTE: When we have someone attending their FIRST OA meeting ever, we read The Introduction to the Twelve Steps and then read Step One.]

[If there is a first-time attendee:] The host will paste the link for our newcomer letter, would you like to include your email address in the chat so our Secretary can send you the letter directly?
Will someone get us started by reading beginning on page 1?

[If NO new first time attendee:] Who would like to get us started by reading from where we left off last week, which is Page _____, the paragraph beginning _____?

[At 12:25 p.m.] It's time to close the meeting.

Our 7th tradition states we are self-supporting through our own contributions.

This group has elected to support our Central Virginia Intergroup until further notice. You are encouraged to send your contribution directly to Central Virginia Intergroup by check or PayPal. Please go to our website: centralvaoa.org/CVIG Contributions for the details.
[Please post the following contribution information or ask the host to post into chat: Please send checks to Central Virginia Intergroup (CVIG), P.O. Box 70611, Henrico, VA 23255-0611. You can also use the PayPal button online or send to PayPal.Me/cvigtreasurer.]

Whatever you choose to contribute, please give as if your life depends on it.

Who is willing to lead the meeting next week?
Who is willing to be the Zoom host?

[BOOK DONATION: Please announce the Book Program and paste the information below in the chat or ask the group secretary or your host to paste for you if you don't have the information electronically.]
If you cannot afford to purchase literature and need a book, the Central Virginia OA Intergroup will provide one for you if you are within the continental US. Your choice of either the OA Brown Book or the OA 12 & 12 will be provided free of charge. Please contact Celeste L., mcleblanc1977@gmail.com or 804.986.1239, to receive a book.

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 by phone or email to newcomers, returning members, and each other. Together we get better.

- Would someone read the 9th Step Promises on pages 83-84 of the Big Book?
- We will now close with the Serenity Prayer, followed by “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.