**Overeaters Anonymous Bainbridge Wednesday Noon Meeting Format**

* Welcome to the Wednesday noon meeting of Overeaters Anonymous. My name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I am a Compulsive Overeater.
* Let’s have a moment of silence to reflect on why we are here, followed by the Serenity Prayer for those who wish to join in.

*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.*

* Are there any new people here for their first, second, or third OA meeting? If so please introduce yourself by your first name so we may welcome you. If you would like a newcomer packet, please provide your mailing address in the chat, and Linda our treasurer will mail it to you.
* For those of you who may be attending without video, please announce yourself at this time. We encourage everyone to use their first name only for your zoom session in accordance with our tradition of anonymity.
* Are there any returning OA members, or OA members visiting from another area?
* Individuals who are actively sponsoring are asked to indicate that by adding an asterisk to their name in ZOOM. Will those who are available to sponsor additional individuals please raise your hand?
* Are there any OA Anniversaries today?
* \*If it is the 5th week, we will be having a speaker’s meeting; for that meeting we will NOT read *Our Invitation to You* and we will only read the *Twelve Steps* and *Traditions* themselves.
* **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.

* Read the daily meditation from *Voices of Recovery* or *For Today*
* Will someone please read *Our Invitation to You*\*
* Will someone please read *The OA Twelve Steps,* please also read the closing to Our Invitation to You
* Will someone please read *The OA Twelve Traditions.*
* **We have a rotating meeting format:**

1st Week - Read the step of the month out of the OA *12x12 (2nd Edition)*

2nd week – Read the tradition of the month out of the OA *12x12 (2nd Edition)*

3rd & 4th Week – Chair’s choice is to choose from the list below:

 Story out of *Overeaters Anonymous (2nd or 3rd Edition)*

 Story out of *Lifeline*

 *Abstinence*

 Topic meeting

 Tools of Recovery

 Newcomer Meeting (Step 1)

5th Week – Speaker Meeting (Speakers are invited to speak for 30 minutes.)

(Note: Writing may be used for a portion of any meeting with the exception of the 5th week.)

* **After reading, writing or speakers are done:**
* “Now the meeting is open for sharing. We share our experience, strength, and hope in OA. Feedback, crosstalk and advice-giving are discouraged here. We ask those who belong to other organizations to confine their sharing to OA Recovery. If there is a new person in attendance will someone please briefly share their OA story? (Note: The latter is only necessary if this is NOT a newcomer meeting.)
* **At about 12:55pm - Pause for the 7th Tradition:**
* “Every OA group ought to be fully self-supporting, declining outside contributions.” At the present time, we recommend you contribute directly to the world service office at [www.oa.org](http://www.oa.org). Our meeting number is **51173**.
* We hold a group conscience meeting on the 4th Wednesday of the month after our regular meeting. Any other announcements?
* We have a voluntary phone list available for those who want it. If you wish to receive the list, feel free to write your number in the CHAT section of the ZOOM meeting.
* Let’s close with the Serenity Prayer for those who wish to join in.

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*Courage to change the things I can and*

*Wisdom to know the difference.*