

OA New Beginnings Meeting Format

Wednesday 7AM Meeting

Welcome to the Wednesday, 7:00 AM meeting of Overeaters Anonymous, entitled “A New Beginning”. Our meeting focuses on recovery from relapse. My name is _____. I am a compulsive eater and your leader for this meeting.

Will those who wish to, please join me in the Serenity Prayer.

Serenity Prayer

God, grant me the serenity to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

Group Conscience Reminders

- Our group requests members be visible on video during your share.
- Members are encouraged to post the following information in the chat: first name, contact info, sponsorship availability, and time zone.

May we have a volunteer to read the Preamble?

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.”

Welcome Home (abridged)

- Have you ever wished you could lose ten pounds? Twenty? Forty? A hundred or more? Have you ever wished that once you got it off you could keep it off? Welcome to OA; welcome home!
- Have you sometimes felt out of step with the world, like a homeless orphan without a place where you really belonged? Welcome to OA; welcome home!
- Have you ever wished your family would get to work or school so you could get busy eating? Welcome to OA; welcome home!
- Have you ever awakened first thing in the morning and felt happy because you remembered that your favorite goodie was waiting for you in the fridge or in the cupboard? Welcome to OA; welcome home!
- Have you ever looked up at the stars and wondered what an insignificant person like you is doing in the world anyway? Welcome to OA; welcome home!
- Have you ever cooked, bought, or baked for your family and then eaten everything yourself so you wouldn't have to share? We know you in OA because we are you. Welcome to OA; welcome home!
- Have you ever wanted to hide in the house, without going to work, without getting cleaned up or even getting dressed, without seeing anyone or letter anyone see you? Welcome to OA; welcome home!
- Have you ever hidden food under the bed, under the pillow, in the bathroom, in the wastebasket, the cupboard, the clothes hamper, the closet, or the car so that you could eat without anyone seeing you? Welcome to OA; welcome home!
- Have you ever been angry resentful, defiant—toward God, your mate, your doctor, your mother, your father, your friends, your children, the salespeople in stores whose looks spoke a thousand words as you tried on clothes—because they were thin, because they wanted you to be thin, and because you were forced

to diet to please them or shut them up or make them eat their words and their looks? We welcome you to OA; welcome home!

- Have you ever sobbed out your misery in the dark night because no one loved or understood you? Welcome to OA; welcome home.

(From *A Taste of Lifeline*, pp. xiii-xvi; Source: <https://oa.org/app/uploads/2021/11/suggested-meeting-format.pdf>, page 9. Copyright 2015 Overeaters Anonymous, Inc. All rights reserved.)

May we have a volunteer to read the OA Steps?

May we have a volunteer to read the OA Tradition of the month?

This meeting focuses on recovery from relapse. Many members who have experienced relapse have found that their relapse was preceded by a period of “vagueness,” in which they did not clearly know whether they were abstinent. So, we think it’s important to remember the OA definition of abstinence, as adopted by our fellowship as a whole.

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

Let’s take a minute and introduce ourselves.

Introduction of Speaker:

Now we have a speaker. Our speakers at this meeting have the following qualifications:

- membership in OA for at least a year,
- current abstinence of at least 90 days, and
- personal experience returning from relapse.

We’ve asked the speaker to focus on that experience, for 20-30 minutes.

Leader asks the speaker how they would like someone to keep time for them (5, 10, etc. minutes)

May we have a volunteer to act as time-keeper?

(Speaker Speaks, then turns the meeting back to the Chair.)

Guidelines for sharing:

- Please raise your hand to share and I will call on you.
- Our shares are limited to 3 minutes.
- As you share your experience and strength in OA, please also share your hope. Please confine your sharing to your experience with the disease of compulsive eating, the solution offered by OA, and your own recovery from the disease.
- Feedback, cross talk, and advice-giving are discouraged. Cross talk during our OA meeting includes speaking directly to another member, criticizing, or giving advice to others who have already shared.

(Allow time for sharing)

Closing - 7:55 AM

Seventh Tradition

Every OA Group ought to be fully self-supporting, declining outside contributions. Overeaters Anonymous has no dues or fees. To pay our expenses, we ask for voluntary contributions. See the chat for instructions about how to make contributions. Please give as generously as you can.

May we have a volunteer to Host next week's meeting?

May we have a volunteer to Chair next week's meeting?

Are there any reports or announcements?

Sponsors

Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the principles of 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. We've asked people to post their availability to sponsor in their contact information the chat.

- By taking 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 before you decide if Overeaters Anonymous is for you.
- Any 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.
- Let us all reach out by phone or email to newcomers, returning members, and each other. Together we get better.

Thank you for the opportunity to lead this meeting.

After a moment of silence, those who wish to please join us in the Serenity Prayer.

KS/DRAFT Wed 7 AM Format; Updated per Group Conscience 5/25/22