

# Meeting Format Elkhart Monday 6:00pm Meeting 12-19-22

*[Please start the meeting on time to be respectful of those who have arrived on time.]*

*[Note: Leader reads everything out loud except the notes in blue italics.]*

*[Note: Items in green only need to be read if newcomers are present.]*

1. Welcome to the Elkhart Monday 6:00 PM Serenity Seekers meeting of Overeaters Anonymous. My name is \_\_\_\_\_, I am a compulsive eater and your leader for this meeting. Please silence your phones at this time.
2. Will those who wish, please 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.
3. 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.
4. Are there any compulsive eaters here beside myself?
5. *[If newcomers or visitors are present please read the following two paragraphs:]*  
"Is there anyone here for a first, second or third time? Would you please tell us your first name so we can welcome you? If you are returning to OA or are visiting from another area, please tell us your first name so we can also welcome you." *[Welcome each person by name. ]*  
  
"We encourage you 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. **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.
7. *[Note: Have someone read Our Invitation to You.]*  
*[Note: Have someone read The Twelve Traditions]*  
*[Note: If first-time newcomers are present, have someone read the abridged version of Welcome Home.]*
8. **The Definitions of "Abstinence" and "Recovery" in OA:**
  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."
9. *[Note: Read the following paragraph or have someone read the abridged version of the Tools of Recovery]*  
The OA tools of recovery help us work the Steps and refrain from compulsive eating. The nine tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity and service. For more information, read *The Tools of Recovery* pamphlet.
10. 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 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 please identify themselves.

11. According to our Seventh Tradition, we are self-supporting through our own contributions. We send quarterly contributions to our Intergroup, Region and the World Service Office to help carry the message to other compulsive overeaters. Give as if your life depends upon it! We encourage OA members to give as much as they are able, to help our group be self-supporting. **We ask newcomers to not contribute their first few meetings and rather purchase books or pamphlets from OA.org to help them better understand the program.**

You may make contributions directly to our group treasurer. Contact Debbie for instructions.

12. **[Literature:]** Only OA-approved literature is used in this meeting. Many OA members find that reading our literature on a daily basis further reinforces how to live the 12 steps. OA literature can be ordered from OA.org.
13. Are there any OA-related reports or announcements?
14. 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, rather than just the events of the day or week. If you are having difficulties, share how you use the program to deal with them. If you need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting.
15. **Feedback, cross talk and advice-giving are discouraged here.** 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 and questioning or interrupting the person sharing at the time. Audible comments while someone is sharing are also discouraged.
16. *[Leader shares the topic. The topic on the fourth Monday is the Step of the month and on the second Monday is the Tradition of the month. If there is a first-time newcomer present read Step 1 from the OA 12 & 12, 2<sup>nd</sup> Edition.]*
17. **[CLOSING:]** 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. There are many other virtual meetings (phone and technology-based) that you may find helpful. Information about these meetings can be found on 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. “What you hear here, whom you see 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.

Thank you for allowing me to be your leader. After a moment of silence, will those of you who wish to please join us in \_\_\_\_\_ . **After the prayer remember to turn on your cell phones.**

*[Closing of your choice. The 1993 Business Conference suggests that meetings be closed with: The Serenity Prayer, The Seventh-Step Prayer, The Third-Step Prayer, or the OA Promise “I Put My Hand in Yours.”]*