

*****WE ASK THAT THIS FORMAT BE FOLLOWED AS WRITTEN*****

OVEREATERS ANONYMOUS ZOOM MEETING FORMAT

Welcome to the meeting of Overeaters Anonymous. My name is, I am a compulsive overeater and the leader for today's meeting.

Please join me in a moment of silence reflecting on why we are here, followed by the Serenity Prayer.

Everyone please mute your computer, phone, etc. to ensure everyone can hear what people are saying. Background noise can be very disturbing. Remember to unmute when wanting to speak.

Will someone please read:

- Introduction to The Twelve Steps
- The Twelve Steps
- The Twelve Traditions
- The Tools of Recovery (optional)

The Seventh Tradition states that "Every OA Group ought to be fully self-supporting, declining outside contributions. Contributions can be made by sending a check or money order to:

WNY OA
PO Box 936
Williamsville, NY 14221

You may also make a contribution online via PayPal to Stacey M (who will write a check). Using the email address of "she_thumb@yahoo.com".

If you are a newcomer, please identify yourselves by first name only so that we may welcome you. Newcomers, can go to OA.ORG to find information about Overeaters Anonymous and OAWNY.ORG to get Meeting List of all the meetings in the Buffalo area. We encourage you to try six meetings before you decide whether or not OA is right for you. Please put your email address in the "Chat" so we can send you a newcomer pamphlet. Someone will be available after the meeting to answer your questions.

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.

READ ONLY IF THERE ARE 10 ATTENDEES OF LESS: At this time let's go around the room and introduce ourselves, using first names only.

It is our group's conscience that:

1. Each person serves the group best by sharing his or her own experience, strength and hope. Please refrain from crosstalk. Crosstalk is commenting on what someone else has said or talking to a specific person instead of the group. Commenting on someone's share in the Chat is Crosstalk.
2. Our Intergroup wants to discourage bullying; therefore, we ask that each person refrains from negative remarks directed to others.

3. We use AA and OA literature in leading our meetings. OA is spoken here. To comply with AA's World Services Board request: we will **not** change the words "alcohol" & "alcoholic" to "food" & "compulsive overeater" when reading aloud from AA literature. However, our problem is an addiction to food.
4. When you share, please remember the newcomer & remember our primary purpose: to carry the OA message.
5. We ask that you refrain from mentioning specific foods.
6. No one person speaks for OA and no one is required to speak.
7. We share only once regardless of the number of people present.
8. This is an open meeting of Overeaters Anonymous. Anyone interested in the OA program may attend. Visitors and friends are expected to respect the anonymity of all persons they see or meet at meetings.
9. Who you see and what you hear in the meeting must remain confidential.
10. Please refrain from using the chat.
11. Since Tradition states that OA has no opinion on outside issues, we ask that you refrain from mentioning politics and/or religion.

Are there any OA announcements?

Before we begin, we ask that you keep your sharing time to five minutes so that all who wish to may have the opportunity to share.

The topic (or) reading for today is..... The meeting is now open for sharing.

(To close the meeting): If you haven't had a chance to share, please feel free to share with someone after the meeting. I want to thank you for allowing me to be your leader for today. I would also like to thank everyone who participated in today's meeting. Please remember the opinions expressed here were strictly those of the person who gave them; take what you like and leave the rest. The thoughts you have heard here were spoken in confidence and should be treated as confidential. Keep them in the walls of this room and the confines of your mind and heart. A few special words to those of you who haven't been with us long: whatever your problems, there are those among us who have had them, too. If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened. We are not perfect but you will love us in a special way, the same way we already love you. Let the understanding, love & peace of the program grow in you "one day at a time".

Will all who care to, please join me in saying the*.....prayer.

*Leader chooses one of the OA suggested prayers: Serenity Prayer, 3rd Step Prayer, 7th Step Prayer or I Put My Hand In Yours