

# Leader's Notes Monday Night OA Meeting

## **Leader's Readings and Instructions.**

*Instructions are highlighted and are not meant to be read out loud.*

*The group readings and prayers follow.*

1. Welcome to the Monday night meeting of Overeaters Anonymous, also known as OA. We are dedicated to helping individuals recover from compulsive eating, for example: anorexia, bulimia, obesity, food addictions and compulsive food behaviors. Whatever problem you may have with food, you are welcome here.
2. My name is \_\_\_\_\_. I am a compulsive overeater and your leader for this meeting. Will those who wish please join me in the **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.***

3. **Introductions:** Use only first names, please. You do not have to identify yourself as a compulsive overeater until you know for certain that you are one.

*Leader starts and ensures zoom participants are included.*

4. **Newcomers:** Are there any Newcomers? Welcome! *Offer them a Newcomer's pamphlet.*

We encourage you to:

- Call if you have any questions.
- Get a sponsor to help guide your recovery.
- Attend at least six meetings before you decide if this program is for you.
- Read OA-approved literature to develop knowledge of the 12 Steps and 12 Traditions

And we invite you to stay after the meeting to browse our literature and enjoy a brief fellowship, where we can answer questions.

5. **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.*

## 6. Meeting Guidelines

- We use first names only, at all times
- Only one person speaks at a time. Interrupting is considered crosstalk and is discouraged.
- Questions arising during the meeting are held until after the meeting
- No mention is made of each other's name in reference to contact outside the meeting. We don't mention members we have phoned or acknowledge our sponsors' name.
- Only OA and AA approved literature are in view or mentioned during the meeting.
- If necessary, the leader should remind the group of the need for courtesy and quiet.
- The meeting should be closed with one of the following:  
3rd step prayer; 7th step prayer; Serenity Prayer; or OA Promise I put my hand in Yours

7. *If Newcomers present, ask someone to read Our Invitation to you and the 12 Steps of OA.*

8. *If No Newcomers, ask someone to read How it Works and the 12 Steps of OA.*

9. *Ask someone to read The Twelve Traditions of Overeaters Anonymous*

## 10. **THE DEFINITIONS OF ABSTINENCE' AND 'RECOVERY:**

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.

*(Business Conference Policy Manual, 1988b [amended 2019, 2021]).*

11. **Tools:** The OA tools of recovery are not the programs, but they help us work the Steps and refrain from compulsive overeating. The nine Tools are:

1. A plan of eating,
2. Sponsorship,
3. Meetings,
4. The telephone,
5. Writing,
6. Literature,
7. An action plan,
8. Anonymity, and
9. Service.

Does anyone wish to read and share about a tool?

12. **Sponsors:**

Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the Twelve Steps and Twelve 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 AVAILABLE abstinent sponsors please identify themselves?

13. **7th Tradition:** According to our 7th Tradition, we are self-supporting through our own contributions. Expenses are rent, buying literature, and sending delegates to retreats and special OA events. We send regular contributions to our Intergroup, Region 1 and the World Service Office to help carry the message to other compulsive overeaters. We encourage OA members to give as much as they are able in order to help our group continue to be self- supporting.

No need for first timers to do the Seventh Tradition, we encourage purchasing literature instead.

14. Are there any **Announcements or Personal Successes** anyone wishes to share?

15. **Topic**

The Topic for tonight is: *Choose the appropriate one*

1st Monday - Leader Choice

2nd Monday - Step

3rd Monday - Leader's choice

4th Monday - Tradition

5th Monday - Leader's Story or Guest Speaker

16. **Open Sharing:** Please share your experience, strength and hope in regards to today's step or topic. 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 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 speaking/sharing at the time. We also ask that you not use the chat function during the meeting, other than to leave phone numbers for each other.

*If more than 6 participants, a timer may be assigned to limit people's sharing to 3 minutes, to allow everyone a chance to speak.*

17. **Closing:** *Toward the last 5 minutes of the meeting, the Leader closes the sharing and then reads:*

In conclusion, we would like to stress the importance of anonymity to this group. Who you see here, what you hear here, when you leave here, let it stay here. In addition, the opinions expressed here today are those of the individual OA members and do not represent OA as a whole.

Ask someone to read A Vision for You or The Promises

Ask for a **Volunteer** to lead the next meeting.

**After a minute of silence** for the still suffering compulsive overeater, would those who wish, please join me in - *Leader selects the closing:*

3rd step prayer; 7th step prayer; Serenity Prayer; or OA Promise I put my hand in Yours

*Lead everyone in a rousing version of*

**Keep Coming Back**

**It works if you work it**

**AND YOU'RE WORTH IT**