

Meeting Statement

Our common welfare comes first; personal recovery begins with OA unity. For our group purpose there is but one ultimate authority – a loving God as he may express Himself in our group. The only requirement for OA membership is a desire to stop eating compulsively. Each group should be autonomous except in matters affecting other groups or OA as a whole. Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers. Although cross talk is acceptable at this meeting, we ask that it stay in a positive light and to always remember to place principles before personalities.