

## Suggested Thursday Evening Meeting Procedure

- The meeting begins promptly at 7:00pm.
- Welcome to the Thursday night step-study meeting of Overeaters Anonymous. My name is \_\_\_\_ and I'm a compulsive overeater and your leader for tonight.
- We ask those with pagers or cell phones to please silence them during the meeting.
- Would those who care to please join me in a moment of silence followed by the *Serenity Prayer*.
- May we please have:
  - The Preamble
  - Our invitation to you
  - Abstinence
  - Traditions (the one for the month and the 7<sup>th</sup> and 12<sup>th</sup>)
- Are there any announcements?
- Are there any newcomers present? If so, ask the newcomer's first name and explain that you'll pass a newcomer packet around with the signup sheet so that attendees can put their name and phone numbers on it. Invite the newcomer to say after the meeting to ask questions and chat with members.

Only if a newcomer is present - explain that by group conscience , the meeting will be a newcomer meeting and the group will share experience, strength, and hope.

- If no newcomer is present, begin with the chosen reading, followed by sharing.
- Halfway through the meeting, pass the signup sheet and 7<sup>th</sup> tradition basket.
- At the end of the meeting: Stand and join hands to recite a prayer chosen by the leader.