

OA New Beginnings Meeting Format Sunday 7:00pm

(Before the meeting starts, prepare to screen share [this document for readings](#))

Leader: “Welcome to the 7:00 Sunday New Beginnings meeting of Overeaters Anonymous. My name is _____. I am a compulsive eater and your leader for this meeting.”

Leader: “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.**”

Leader: Meeting Statement: “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.”

Leader: Newcomer Welcome: “Is there anyone here for the 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.”

Leader: “Would someone like to briefly describe what OA has done for you?”

Readings:

Leader: “Would someone read the 12 Steps?” **(Screen share [HERE](#). If newcomers are present, scroll down and screen share: [Our Invitation to You](#) : ask someone to read)**

1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs. **(STOP SCREEN SHARE HERE and scroll down to: Abstinence)**

(If newcomer is present, START SCREEN SHARE HERE)

Our Invitation To You:

We of Overeaters Anonymous have made a discovery. At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health and self-confidence, which some of us had once possessed, were no defense against it. We have learned that the reasons for the illness are unimportant. What deserves the attention of the still-suffering compulsive overeater is this: there is a proven, workable method by which we can arrest our illness.

The OA recovery program is patterned after that of Alcoholics Anonymous. As our personal stories attest, the Twelve-Step program of recovery works as well for compulsive overeaters as it does for alcoholics. Can we guarantee you this recovery? The answer is up to you.

If you will honestly face the truth about yourself and the illness; if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life, and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover. To remedy the emotional, physical and spiritual illness of compulsive eating we offer several suggestions, but keep in mind that the basis of the program is spiritual, as evidenced by the Twelve Steps. We are not a “diet” club.

We do not endorse any particular plan of eating. In OA, abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working

towards or maintaining a healthy body weight. Once we become abstinent, the preoccupation with food diminishes and in many cases leaves us entirely. We then find that, to deal with our inner turmoil, we have to have a new way of thinking, of acting on life rather than reacting to it — in essence, a new way of living. From this vantage point, we begin the Twelve Step program of recovery, moving beyond the food and the emotional havoc to a fuller living experience.

As a result of practicing the Steps, the symptoms of compulsive eating and compulsive food behaviors are removed on a daily basis, achieved through the process of surrendering to something greater than ourselves; the more total our surrender, the more fully realized our freedom from food obsession.

Here are the Steps as adapted for Overeaters Anonymous:

1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
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12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

“But I’m too weak. I’ll never make it!” Don’t worry, we have all thought and said the same thing. The amazing secret to the success of this program is just that: weakness. It is weakness, not strength, that binds us to each other and to a Higher Power and somehow gives us the ability to do what we cannot do alone. If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone anymore. Welcome to Overeaters Anonymous. Welcome home! (STOP SCREEN SHARE HERE)

******* Pick back up here if no newcomer is present *******

Leader: “1. **Abstinence** is the act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. 2.

Recovery means 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.”

Leader: “Would someone read the Traditions?” (Screen share HERE if desired)

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.

11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities. (STOP SCREEN SHARE HERE)

Leader: “We also have Tools of Recovery. The OA Tools of Recovery help us work the Steps and refrain from compulsive overeating. The nine Tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, an action plan, anonymity, and service.”

If a newcomer is present, say: “Would someone like to pick a tool and share on how that tool helps you remain abstinent?”

Leader: Meeting Choices: *(First Sunday of the month is designated for sponsorship speakers. All other Sundays are pamphlet studies)*

1. PAMPHLET STUDY MEETING

This meeting is a pamphlet study with a focus on the OA World Service Document Library (found at oa.org). Tonight, we will be reading and discussing _____. We will begin on page ___.

GUIDELINES FOR SHARING: “We share experience, strength and hope in the program. Cross talk, that is giving advice or directly commenting on someone else's share, is discouraged here. Who would like to begin reading?”

2. SPONSORSHIP SPEAKER MEETING (1st Sunday of each month)

This meeting is a speaker meeting with a focus on sponsorship. I would like to introduce our speaker for tonight: _____ from _____ Intergroup. Thank you for being here and offering service to our meeting. We have 20 minutes for your share and then we will open up for Q & A. Please raise your hand and I will call on you in the order I see your hand raised. If time permits, we will open the floor for discussion. (set timer for 20 min)

Leader: Closing *(allow about 5 minutes for closing.)*

“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. Whom you see here, what you hear 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. Will all available sponsors please raise your hand?"

"According to our Seventh Tradition, we are self-supporting through our own contributions. Expenses are for Zoom, Telephone, Literature. We send regular contributions to our intergroup or service board, our region, 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, to help our group be self-supporting. The suggested contribution is \$5.00 or more.

(Share this in the chat)

Please send the contributions to: Group Treasurer Tonia's PayPal: julysunshine22@gmail.com. Select friends and family to avoid any fee.

Leader: "Are there any OA related announcements?"

Leader: "All who care to, join me in the closing prayer, **I Put my Hand in Yours**"

(Screen share HERE)

OA Promise

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams. *(Stop screen share)*