

Thursday Evening Meeting Procedure

- The meeting begins promptly at 7:00pm.
- Welcome to the Tuesday 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 7th and 12th)
 - Tools and sponsorship
 - Meeting statement
- Are there any announcements?
- Literature study
- Promises and closing remarks
- End with prayer: leader's choice