

Suggested OA Meeting Format
for Monday Noon - JUMC / Zoom Hybrid Meeting

Setup: If possible, please sit at the table so all can be seen, turn camera toward speaker if necessary.

Welcome all to the Monday Noon Meeting of Overeaters Anonymous. Whether you attend face-to-face, on Zoom or on the phone, your presence here makes a difference and you are welcome.

My name is _____, and I am a compulsive overeater and your leader for this meeting.

Will those who wish please join me in the Serenity Prayer?

Are there any compulsive overeaters here besides myself?

Is there anyone here for the first, second or third time? Please tell us your first name so that we can welcome you. Are there any out-of-town guests?

Have someone read the OA Preamble.

Have someone read the 12 Steps.

Have someone read the 12 Traditions.

Feedback, crosstalk and advice-giving are discouraged here; we share experience, strength, and hope.

Because of our large size, we ask that sharing be limited to 3 minutes. If your share needs to go beyond that, please do so after the meeting or after everyone else has had an opportunity to share.

Please share about your recovery the in the OA program and limit your reference to OA Conference approved literatures.

The format of this meeting is a literature study and we are currently studying _____.

Leader opens the meeting with reading on the topic and then asks for volunteers.

Close out sharing 5-7 minutes before the end of the meeting.

Sponsors: Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the 12 Steps and 12 Traditions to the best of their ability. Sponsors share their program up to the level of their experience, and they strengthen their recovery through this service to others. Would all available sponsors, please raise your hands? The available sponsors are (Say names out loud). Would someone on Zoom say who is available. Thank you.

Seventh Tradition: According to our 7th Tradition, we are fully self-supporting declining outside contributions. Expenses are for rent, for Zoom, and for carrying the OA message locally, regionally, and worldwide. Please give as you can.

Treasurer or leader announces different methods for contributions.

If you would welcome calls or texts, please put your # by your name or in the chat. Everyone, feel free to snap a picture of the screen to get the numbers now. Together we get better.

Ask for announcements.

By following the Twelve Steps, attending meetings regularly, and using OA tools, we are changing our lives. To the newcomer, we suggest attending at least six different meetings to learn the many ways OA can help you.

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. Who you see here, what you hear here, when you leave here, let it stay here.

Would someone volunteer to lead the meeting next week? The format is on the oabatonrouge.org.

Closing: The leader's prayer of choice.