

# 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. Are there any other overeaters here tonight besides me?
- We ask those with pagers or cell phones to please silence them during the meeting. Those on Zoom please mute when not speaking.
- 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 3<sup>rd</sup>, 7<sup>th</sup> and 12<sup>th</sup>)
  - Chips
- Are there any newcomers?
- Are there any announcements?
- Speaker
- Promises
- Anonymity statement
- End with prayer (leader's choice)