

Tuesday 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. Are there any other compulsive 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 sharing.
- Would those who care to please join me in a moment of silence followed by the *Serenity Prayer*.
- May we please have:
 - The Preamble
 - How it Works
 - Abstinence
 - Traditions (the one for the month and the 3rd, 7th and 12th)
 - Chips
 - Are there any newcomers?
 - Are there any announcements?
 - Speaker
 - Promises
 - Anonymity statement
 - End with prayer (leader's choice)