

Saturday Meeting 9:30 AM Format

Before the meeting starts, ask for four volunteers: one to read How It Works (Pg. 58, AA Big Book), one to read the 12 Steps, one to read the 12 Traditions, and one to serve as a timer.

1. "Welcome to the Saturday Morning meeting of Overeaters Anonymous. My name is _____. I am a compulsive eater and your leader for this meeting. Please mute yourself whenever you are not sharing. The "host" may mute you to minimize background noise.
2. "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 the wisdom to know the difference.
3. "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."

"Are there any compulsive eaters here besides myself?"

IF THERE ARE NEWCOMERS (ONLY)

"Is there anyone here for the first, second, or third time? Would you please unmute and tell us your first name so we can welcome you? If you are returning to OA or are visiting from another area, please unmute and tell us your first name so we can also welcome you." [*Welcome each person by name.*] If there are newcomers – "*Would you like our literature chair to mail you a new-comer packet?*"

We encourage you to:

- Get a sponsor to help guide your recovery.
- Develop a plan of eating and, if you wish, write it down and report daily to your sponsor.
- Read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.

4. "The following is the OA Preamble:

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting or accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain

from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.”

5. READINGS:

- Read “How It Works” listed on page 58 of AA Big Book.
- Read “The 12 Steps”
- Read “The Traditions”

6. THE DEFINITIONS OF ABSTINENCE:

- “Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.”

7. TOOLS: “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. For more information, read The Tools of Recovery pamphlet.

8. OA Responsibility Pledge: Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

9. SPONSORS: “Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the Twelve Steps and Twelve 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. To find a sponsor, look for someone who has what you want and ask how they are achieving it.

10. PHONE LIST: Leave your number in the chat....and make note of numbers. We suggest you call someone during the coming week.

11. REPORTS: Are there any reports or announcements?”

12. SEVENTH TRADITION: (Read): Please donate at LVOA.org. This donation will go to the LVOA Intergroup. If you would like our meeting to get “credit” for the donation then put “Saturday Mtg” in the memo.

13. BUSINESS MEETING: “This meeting has a business meeting on the first Saturday of every month.

14. **SUGGESTED GUIDELINES FOR SHARING:** “As you share your experience and strength in OA, please also share your hope. Please confine your sharing to your experience with the disease of compulsive eating, the solution offered by OA, and your own recovery from the disease. If you are having difficulties, share how you use the program to deal with them. Feedback, crosstalk, and advice-giving are discouraged here. Cross talk during an OA meeting is giving advice to others who have already shared, speaking directly to another person rather than to the group, and questioning or interrupting the person speaking or sharing at the time.”
15. **MEETING TYPE:** “We have a rotating format using B.A.T.O.S. The first week is “B” for the Big Book, 2nd week is “A” for the Abstinence book, 3rd is the Twelve and Twelve, 4th is the Overeaters anonymous brown story book and 5th is a speaker. We will read a few paragraphs each, as you feel comfortable and then, the floor will be open for sharing after each reading. Please limit your sharing to 3 minutes. Our timer will let you know when your time is up by saying “time” or by using a timer of their choice.
- STOP SHARING AT 10:25 AM:** Please make a note of the page number where we left off.
16. Who would like to lead the meeting next week?
17. Please have someone read your choice of: the Promises from Pg. 83 of the Big Book or A Vision for You, the last two paragraphs on pg. 164 of the Big Book.
18. **CLOSING:** By following the Twelve Steps, attending meetings regularly, and using the OA Tools, we are changing our lives. You will find hope and encouragement in Overeaters Anonymous. 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. **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.

“Thank you for allowing me to be your leader. After a moment of silence, will those of you who wish please join us in the _____. [*Select one of the following suggested closings: Serenity Prayer, Seventh Step Prayer (Big Book fourth ed. Pg. 76), or Third Step Prayer (Big Book fourth ed. Pg 63).*]