

## **OVEREATERS ANONYMOUS TOPIC MEETING FORMAT** **SAM Zoom Meeting**

Welcome to the regular daily open meeting of Overeaters Anonymous. My name is \_\_\_\_\_ and I am the secretary for today's meeting. Will you please help me open the meeting with a moment of silence followed by the Serenity Prayer?

Are there any newcomers, returning members or visitors with us today?  
Would you tell us your name so we can welcome you? (pause)

I have asked \_\_\_\_\_ to read the OA Preamble.

I have asked \_\_\_\_\_ to read the Twelve Steps of Overeaters Anonymous.  
The tradition for this month is \_\_\_\_\_ (see below)

<b>Jan</b>	<i>1. Our common welfare should come first; personal recovery depends upon OA unity.</i>
<b>Feb</b>	<i>2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.</i>
<b>Mar</b>	<i>3. The only requirement for OA membership is a desire to stop eating compulsively.</i>
<b>Apr</b>	<i>4. Each group should be autonomous except in matters affecting other groups or OA as a whole.</i>
<b>May</b>	<i>5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.</i>
<b>June</b>	<i>6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.</i>
<b>July</b>	<i>7. Every OA group ought to be fully self-supporting, declining outside contributions.</i>
<b>Aug</b>	<i>8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.</i>
<b>Sept</b>	<i>9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.</i>
<b>Oct</b>	<i>10. Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.</i>

**OVEREATERS ANONYMOUS TOPIC MEETING FORMAT**  
**8AM Zoom Meeting**

<b>Nov</b>	<i>11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.</i>
<b>Dec</b>	<i>12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.</i>

I have asked \_\_\_\_\_ to read the Daily Meditation

In working Overeaters Anonymous Twelve-Step program of recovery from compulsive overeating, we have found that a number of tools are available to assist us. We use these tools; a plan of eating, sponsorship, meetings, the telephone, writing, literature, action plan, anonymity and service - on a regular basis, to help us achieve and maintain abstinence and recover from our disease.

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 attribute.

Please remember online meeting etiquette, taking care to minimize audio and visual distractions and muting your microphone when not speaking or turning your video off if moving around. The meeting host/cohost may mute or turn off video of participants who are causing more distractions than they realize.

**Topics**

Today is a topic meeting. The format of today's meeting is to share up to three topics until 8:30 and then open the meeting for general sharing after the business break. Members can of course continue sharing on the topic after the break.

Members are requested not to propose a topic more than one time a month. One of our topics is a tool. The tool today is \_\_\_\_\_. *(The secretary picks the next topic from the list above.)*

Who would like to propose other topics? **(Co-host posts topics in Chat Room)**

## **OVEREATERS ANONYMOUS TOPIC MEETING FORMAT** **8AM Zoom Meeting**

Members are requested to share one time during this half of the meeting unless the secretary says there is time for sharing again.

Please refrain from crosstalk or dwelling on specific foods.

Cross talk has been defined as talking out of turn, giving advice, questioning the person who is sharing, being discourteous or disrespectful. Specific questions are best addressed after the meeting.

We recommend that you keep your sharing to two minutes, at which time you will be reminded of the time. Who would like to serve as our timer today? \_\_\_\_\_

Please unmute and say "two minutes" at an appropriate point when the two minute limit is reached.

*(Tips to secretary: You may need to remind newcomers that they can speak up rather than raising their hands to be called on. Please don't call on individuals to share unless they volunteer.)*

**At 8:30** Now is the time for the **Seventh Tradition and Announcements**. We have no dues or fees; however, we are self supporting through our own contributions. Send your 7th tradition using PayPal to [nonmoa@gmail.com](mailto:nonmoa@gmail.com) or using Venmo to @NorthernNM-OvereatersAnonymous. Please note it as 7<sup>th</sup> Tradition and designate it for Friends & Family, not for services or goods. If unable to use PayPal or Venmo, contact Andrea Aiello by email - [anakalia65@gmail.com](mailto:anakalia65@gmail.com) - and make other arrangements.

Are there any other announcements or reports? Please keep announcements, brief, and to the point.

***(at discretion of the secretary)*** Are there any newcomers, returning members or visitors with us today? Would you tell us your name so we can welcome you?

If you have any questions, please stay online here after the meeting and we'll be happy to talk to you.

### **Sponsorship**

This group believes strongly in Sponsorship, especially for newcomers. Identify someone who has what you want and ask that person to be your sponsor. Or ask anyone of us for more information on Sponsorship, or for help in finding a sponsor.

## OVEREATERS ANONYMOUS TOPIC MEETING FORMAT

### 8AM Zoom Meeting

Will all those *available* to sponsor, including the 12 day temporary sponsors, please raise your hand and say your name. (*Secretary pauses for a bit, then says,*) For those sponsors who can, please post your name and contact information in the chat and please indicate if you are a 12 day temporary sponsor.

As a group, we affirm the importance of reaching out to all members. Please consider being the person today who makes a call or text to a newcomer or lapsed member.

The most current contact list is available. Please ask, if you don't already have one.

### Desire Tokens-Celebrating Continuous Abstinence

We will now celebrate various periods of continuous abstinence.

- But first, is there anyone who would like to receive a virtual desire token to help with your abstinence for the next 24 hours?

-Is there anyone celebrating any period of continuous abstinence?

**General Sharing:** The meeting is now open for general sharing. Let us focus on the experience, strength, and hope we have gained through the Twelve Steps and Twelve Traditions of OA. Please limit your sharing to 2 minutes. You may share one time in this part of the meeting unless the secretary says there is time for sharing again.

**At 8:50:** Are there any newcomers who haven't shared and would like to? Is there anyone else who hasn't shared and would like to? (*secretary pauses for a good bit, and then says,*) Is there anyone who has already shared and would like to share again?

**At 8:55:** Let us remember our First Tradition: It tells us that personal recovery depends on OA Unity. Anonymity is the spiritual foundation of all our Traditions. I have the right to say I was here. I do not have the right to say that you were here.

If you are a newcomer, if you are struggling, or if you have yet to find the recovery you seek, please do not leave before the miracle happens!

I have asked \_\_\_\_\_ to read one of our closing readings:

*A Vision For You (p. 164 Big Book)*

*Acceptance. (p. 417 Big Book)*

*The Promises (p 83-84 Big Book)*

*Suggested closing reading. (p 86 12 Steps & 12 Traditions of OA)*

OA 8AM TOPIC MEETING FORMAT  
Wednesdays and 1st Sunday of month  
Updated 5/2024

*Pause (pg 87-88 Big Book)*

We will now close with a prayer of \_\_\_\_\_'s choice.

*Serenity Prayer*

*Founder's Prayer*

*Third Step Prayer (p 63 Big Book)*

*Seventh Step Prayer (p 76 Big Book)*