

## OA PHONE MEETING FORMAT EXAMPLE

### OPENING:

Please press \*6 to mute and unmute yourself.

Welcome to the \_\_\_\_\_ meeting of Overeaters Anonymous. I am \_\_\_\_\_ and the facilitator of today's phone meeting. After a moment of silence, will you all 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 Wisdom to know the difference."

### THE PREAMBLE:

"Overeater's 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 nor 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."

3. Are there any new comers to this meeting? (Don't ask for names) "Welcome!"

4. We will now speak one by one saying our first names only, I'm \_\_\_\_\_ a compulsive overeater.

If you willing to leave your phone number for texts or calls, please wait to the end of the meeting so we can share that information. If you are a newcomer and want to leave your number or call someone, please let us know after the closure of the meeting.

5. Each week we read a step, and because this is a different format, the choice of meeting content can be determined by the group conscience: (If the group needs Ideas, the facilitator can offer to qualify as a speaker, offer a discussion with a particular topic, read about a selected topic from for today or voices of recovery etc.)

6. The facilitator shares for 10 minutes on the Step/Topic Chosen and asks someone on the line to be the timer for other shares.

7. The facilitator then says "The meeting is now open for discussion on this topic/step. Please limit your sharing to 3-5 minutes depending on how large the group is. After all have had an opportunity to share, and if time allows, members may share again on anything pertaining to their own recovery. When sharing, please refrain from crosstalk which is: speaking directly to one person instead of th whole group and giving advice or feedback to others". The timer will let you know when you have 30 seconds left to speak.

### CLOSURE

8. When we have approximately 10 minutes left in the meeting the facilitator states: As we observe the 7<sup>th</sup> Tradition, which states that we are self-supporting through our own contributions, it is suggested that each of us please put aside in an envelope what we would contribute and bring it to our next face to face meeting or submit to pay pal at oceanandbay.org **with your group name** so the oceanandbay IG can return the money to the correct group treasurers. Many meetings are still responsible for rent, purchasing literature and materials for their groups. Would someone please read the tradition of the month?

9. Anyone want to celebrate one day of abstinence? One week of Abstinence? One month of abstinence? 90 days of Abstinence? Anyone want to celebrate their Anniversary of Abstinence? Congratulations and keep coming back!

10. Any Secretary...Treasury...OA related announcements? At this time I would like to remind whoever wants, to stay o on line for a few minutes after the serenity prayer to share phone numbers.

11. Close meeting with the Serenity Prayer.