

# Thursday Night AA Literature Meeting Format

Welcome to the AA Literature meeting of Overeaters Anonymous. My name is \_\_\_\_\_. I am a compulsive eater and your leader for this meeting.

Will those of you 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."

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 anyone 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 to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

Will someone please read "How it Works", starting on pg. 58 of the big book?

Definitions of "Abstinence" and "Recovery" in Overeaters Anonymous

Abstinence in Overeaters Anonymous 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 the Overeaters Anonymous Twelve Step program. Recovery is the removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step Program.

According to our Seventh Tradition, we are self-supporting through our own contributions. We encourage OA members to give as much as they are able, but a suggested donation is \$5 or more. Give as if your life depends on it!

Diversity Policy

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 OA-related announcements or reports?

Tools of Recovery

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, Action Plan, Anonymity and Service. For more information, please read the pamphlet TOOLS OF RECOVERY.

Let's take this time to now introduce ourselves.

Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the steps and traditions to the best of their ability. Sponsors share their program up to the level of their experience and strengthen their recovery through this service to others. We encourage you to get a sponsor to help guide your recovery, develop a plan of eating, and read OA approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions. To find a sponsor: Look for someone who has what you want and ask how he or she is achieving it. Will all available sponsors please raise your hands?

The AA literature we are currently reading out of is \_\_\_\_\_ and picking up on page \_\_\_\_\_. We will take turns reading, then after a section is read, the person reading may comment or say “pass”. Then other members will have the opportunity to share. Alcoholics Anonymous allows AA literature to be included as OA approved literature, out of respect for that legacy our group conscience asks that you refrain from replacing the words “alcohol”, “alcoholic” and “alcoholism”, etc. when reading aloud.

**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, rather than just the events of the day or week. If you are having difficulties, share how you use the program to deal with them. If you need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting.”

#### CLOSING

Thank you for asking me to be your leader. Would someone like to volunteer to lead next week? After a moment of silence, will those of you that wish please join me in saying the OA Responsibility pledge followed by the Serenity Prayer.

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