

Miracles on Monday  
Virtual Meeting Format  
Updated January 12, 2026

1. Welcome to the Miracles on Monday Virtual Meeting. My name is \_\_\_\_\_ . I am a compulsive overeater and your leader for this meeting. Please take a moment to silence your cell phones and mute your Zoom connection.
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 wisdom to know the difference.*

3. **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 compulsive eaters here besides myself?”

**4. READ 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.”*

**(If newcomers are present, read numbers 5-8. If no newcomers are present, skip to #9.)**

5. Will someone please read “Our Invitation to You”?
6. (If you choose, you may ask someone to read the **Twelve Traditions.**)
7. **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.***
8. **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?

#### **9. Definitions of “Abstinence” and “Recovery” in Overeaters Anonymous**

**Abstinence** is the action of refraining from compulsive eating and compulsive food behaviors while working toward or maintaining a healthy body weight.

**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.

**\*\*If no newcomers are present, please ask someone to read the 12 Steps of Overeaters Anonymous. (Page 178 of ABSTINENCE 2nd Edition or page 169 of THE TWELVE STEPS AND TWELVE TRADITIONS OF OVEREATERS ANONYMOUS 2nd Edition)**

#### **10. Volunteer Contact Information:**

If you would like to share your contact information, please type it in the comments section. Our phone list representative will collect that information and add it to our database and members can have your phone number and email address.

#### **11. Introductions, Announcements and Reports.**

#### **12. 7th Tradition**

We are self supporting through our own contributions. Our local intergroup, region and world service office need our support to help carry the message to other compulsive overeaters. The World Service Office maintains the OA website, oa.org, and provides a worldwide meeting list so people can find our meeting. They print and distribute OA literature. They also assemble a quarterly e-newsletter and have an email distribution of important information for members. Give as if your life depends on it! We encourage OA members to give as much as they are able to help our group be self-supporting. The suggested contribution is US\$5.00 or more. You can go to oa.org and set up a recurring contribution or a single contribution, or you can make a contribution by going to oa-arkansas.org and clicking on the 7th Tradition tab.

#### **13. OA Approved Literature is available for purchase on oa.org website.**

#### **14. This is an AA Blg Book meeting starting with the Doctor’s Opinion. Members take turns reading a brief section, then if they choose, share their thoughts about the reading then the meeting is open for others to share on that reading.**

#### **15. 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 or compulsive food behaviors; share 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 see solutions, we suggest you speak to your sponsor and other members after the meeting.

Feedback, crosstalk and advice-giving are discouraged here. Crosstalk 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 at the time.

We ask everyone to respect our group conscience. The chair for each meeting has the discretion to suggest to anyone sharing that he or she is off topic or is speaking too long. The leader will rap on the table to remind the speaker to "wrap it up."

(If there is a disruptive member, please see our Guidelines for Addressing Disruptive Behavior at OA Meeting found in the MOM meeting notebook.)

**Reading and discussion begins now and ends 5 minutes before the conclusion of the meeting.**

**CLOSING:**

1. Thank you for your participation. Are there any burning desires?
2. We celebrate progress in OA Recovery. We also celebrate Abstinence. Is anyone celebrating 30, 60, 90 days, 6 months, 9 months, a year or multiples thereof? Please raise your hand for us to applaud your progress. Has anyone completed a step since our last meeting, to the satisfaction of your sponsor? Please raise your hand so we can applaud your progress.
3. By following the Twelve Steps, attending meetings regularly and using the OA tools, thousands have changed their lives. We offer you hope and encouragement.

(To the newcomer: We suggest attending at least 6 different meetings before deciding if OA is right for you or not.)

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. "What you hear here, whom you see here, when you leave here, let it stay here." Let us all reach out by phone, email, or text messaging to newcomers, returning members and each other.

Together we get better.

Thank you for allowing me to be your leader. Who would like to lead next week? After a moment of silence, please join me in saying the OA Responsibility Pledge followed by the Serenity Prayer (Third Step Prayer, Seventh Step Prayer, or the OA Promise.)

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

**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.*

**Third Step Prayer:** *God, I offer myself to Thee--to build with me and to do with me as thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of Life. May I do Thy will always! (P63 Alcoholics Anonymous)*

**Seventh Step Prayer:** *My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here to do your bidding. Amen.” (p 76 Alcoholics Anonymous)*

**OA Promise** *I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams. (copied from the OA website oa.org)*