

Miracles on Monday  
Virtual Meeting Format  
Updated January 17, 2022

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.”*

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**(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](http://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](http://oa.org) and set up a recurring contribution or a single contribution, or you can make a local contribution by going to [oa-arkansas.org](http://oa-arkansas.org) and clicking on the 7th Tradition tab.

#### **13. OA Approved Literature is available for purchase on [oa.org](http://oa.org) website.**

14. This is an OPEN meeting, discussing either The Twelve Steps and Twelve Traditions of OA Second Edition or Abstinence Second Edition. Members take turns reading a portion of text, then share their thoughts about the 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 seek 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. 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)*



## Our Invitation to You

We of Overeaters Anonymous have made a discovery. At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health and self-confidence, which some of us had once possessed, were no defense against it.

We have learned that the reasons for the illness are unimportant. What deserves the attention of the still-suffering compulsive overeater is this: there is a proven, workable method by which we can arrest our illness.

The OA recovery program is patterned after that of Alcoholics Anonymous. As our personal stories attest, the Twelve Step program of recovery works as well for compulsive overeaters as it does for alcoholics.

Can we guarantee you this recovery? The answer is up to you. If you will honestly face the truth about yourself and the illness; if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life, and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover.

To remedy the emotional, physical, and spiritual illness of compulsive eating we offer several suggestions, but keep in mind that the basis of the program is spiritual, as evidenced by the Twelve Steps.

We are not a “diet” club. We do not endorse any particular plan of eating. In OA, abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Once we become abstinent, the preoccupation with food diminishes and in many cases leaves us entirely. We then find that, to deal with our inner turmoil, we have to have a new way of thinking, of acting on life rather than reacting to it—in essence, a new way of living.

From this vantage point, we begin the Twelve Step program of recovery, moving beyond the food and the emotional havoc to a fuller living experience. As a result of practicing the Steps, the symptoms of compulsive eating and compulsive food behaviors are removed on a daily basis, achieved through the process of surrendering to something greater than ourselves; the more total our surrender, the more fully realized our freedom from food obsession. ®

Here are the Steps as adapted for Overeaters Anonymous:

1. We admitted we were powerless over food—that our lives had become unmanageable.
  2. Came to believe that a power greater than ourselves could restore us to sanity.
  3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
  4. Made a searching and fearless moral inventory of ourselves.
  5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
  6. Were entirely ready to have God remove all these defects of character.
  7. Humbly asked Him to remove our shortcomings.
  8. Made a list of all persons we had harmed, and became willing to make amends to them all.
  9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
  10. Continued to take personal inventory and when we were wrong, promptly admitted it.
  11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
  12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.
- “But I’m too weak. I’ll never make it!” Don’t worry, we have all thought and said the same thing. The amazing secret to the success of this program is just that: weakness. It is weakness, not strength, that binds us to each other and to a Higher Power and somehow gives us the ability to do what we cannot do alone. If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone anymore. Welcome to Overeaters Anonymous. Welcome home!

Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.



## **The Twelve Traditions of Overeaters Anonymous**

1. Our common welfare should come first; personal recovery depends upon OA unity.
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.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.
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.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.
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.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc. Overeaters Anonymous®, Inc. World Service Office 6075 Zenith Ct. NE, Rio Rancho, NM 87144-6424 USA Mail Address: P.O. Box 44727, Rio Rancho, NM 87174-4727 US