

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.”

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

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.

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!

Are there any OA-related announcements or reports?

INTRODUCTIONS

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.