

CAIOA Tuesday Writing & Meditation Meeting Format

6:30 - 7:30pm CST (Zoom Only)

CHECK-IN

“Welcome everyone to the Tuesday Writing & Meditation meeting of Overeaters Anonymous. My name is _____. I’m a compulsive overeater and your leader for this meeting. Let’s do a brief check-in. In a few sentences, let’s share whatever we need to set aside about our day in order to be fully present for tonight’s meeting. Can I have a volunteer set a time for 5 minutes?”

“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.

“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?”

“Is there anyone here for the first, second, or third time?”

- ***[If “Yes”]*** Welcome! Let’s go around the Zoom room and introduce ourselves, starting with our Newcomer Greeter who is available to stay on after the meeting to answer questions or just talk”
- ***[If “No”]*** *Move on to the OA Preamble*

OA PREAMBLE

“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 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.

ABSTINENCE & RECOVERY DEFINITIONS

“Here are the definitions of ‘abstinence’ and ‘recovery’ in Overeaters Anonymous:

- Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.
- Recovery: Removal of the need to engage in compulsive eating behaviors.

Spiritual, emotional, and physical recovery is the result of living the Overeaters Anonymous Twelve Step program.”

12 STEPS: *[Ask someone to read *The Twelve Steps of Overeaters Anonymous.*]*

12 TRADITIONS: *[Ask someone to read *the Twelve Traditions of Overeaters Anonymous.*]*

TOOLS

“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, read *The Tools of Recovery* pamphlet.”

MEETING FORMAT

“This meeting uses a reading & writing format based on our OA Daily Readers (*For Today*, *Voices of Recovery*, or both). We’ll write for fifteen minutes and then break to share our work with each other for another fifteen minutes. We do at least 1 round of writing/sharing and, if time allows, we’ll do a 2nd round.

STEP TOPIC MEETING FORMAT

[During the first week of the month only] As a group, we have elected to focus on

one step per month during the first week of each month. For example, the first week in January, the meeting chair will choose readings from *For Today* and/or *Voices of Recovery* around the topic of Step One. Everything else will be the same as usual.

BUSINESS MEETING FORMAT

As a group, we have elected to have our business meeting the Tuesday after the Intergroup meets. During these meetings we'll do 1 round of reading/writing and close the official meeting at 7:15pm to have our business meeting. Everything else will be the same.

"The Tools of Recovery pamphlet tells us, 'Putting our thoughts and feelings down on paper, ... helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them' (p. 4).

MEDITATION

"We will now have a 3-minute period of meditation to bring ourselves fully into this room and invite our Higher Power to guide us in our work." *[Set timer for 3 minutes.]*

READING & WRITING PERIOD

"Tonight's topic is _____. Please open your _____ book to page _____. Remember we will read the page and, without sharing, we'll go right into our 15 minute writing period. Can I have a volunteer to read page _____?"

"Can I have a volunteer to set a timer for 15 minutes?"

SHARING PERIOD #1:

"We will now have fifteen minutes to share on what we have read and written."

"Feedback, cross talk, and advice giving are discouraged here. Cross talk 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 or sharing at the time.

“We ask everyone to respect this group conscience. This meeting has decided that the chair for each meeting has the discretion to suggest to anyone sharing that he or she is off-topic or speaking too long. The meeting asks you to accept this suggestion in order to keep the meeting on track.

“Can I have a volunteer to set a timer for 15 minutes? The meeting is now open for sharing on what you read and wrote.”

SEVENTH TRADITION

“According to our Seventh Tradition, we are self-supporting through our own contributions. All 7th tradition contributions go directly to our Intergroup as they pay for our Zoom Membership, this meeting’s only expense. Intergroup also sends regular contributions to our region and the World Service Office to help carry the message to other compulsive overeaters. 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.

“Are there any OA-related announcements to share?”

READING PERIOD #2

“Now we’ll move to our second reading. Can I have a volunteer to read page _____.”

SHARING PERIOD #2

“We will now have our second sharing period.

CLOSING

“In conclusion, we would like to stress the importance of anonymity to this group. The Steps are essential to our recovery; our freedom to share deeply at these meetings is important to working the Steps. There are many different types of meetings, all of which are available to support your recovery from compulsive eating. We welcome you to this meeting whenever you would care to attend. There are other face-to-face meetings and virtual (phone and technology-based) meetings that you may find helpful. Meeting information can be found on oa.org or for Arkansas meetings oa-arkansas.org.

“As a reminder, the opinions expressed here today are those of individual OA members

and do not represent OA as a whole.

“If you would like, as you leave here, make a note of what you would like to add to your action plan for the coming week based on what you read and wrote.”

“After a moment of silence, will those of you who wish please join us in the Typical Tuesday night prayer: The “We” version of the Serenity Prayer followed by the Responsibility Pledge.”

“WE” VERSION OF THE SERENITY PRAYER

God grant US the serenity to accept the things WE cannot change,
courage to change the things WE can,
and wisdom to know the difference.

OA RESPONSIBILITY PLEDGE

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

The Twelve Steps

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.

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

Overeaters Anonymous®, Inc.

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The Twelve Traditions

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 nonprofessional, 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.

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