

SUGGESTED Virtual Meeting Leader Format **(Feel free to copy and adapt for your specific meeting.)**

(Purple text – instructions; MEETING LEADERS read this to yourself)

Five minutes before beginning the meeting:

- 1. Ask whether anyone would do service to read OA literature, and if so, whether they need OA readings sent by email.*
- 2. Send, or ask another volunteer in the meeting to send, the readings to those who will read.*
 - a. Suggested readings: “The OA Preamble”, “How it Works”, “Tradition” of the Month, the “Tools of Recovery” and a closing reading (“The AA Promises” or “A Vision for You”)*
- 3. Note which week we are on so that participants can go get the appropriate reader: OA 12 & 12, Big Book, other OA materials, etc.*

Are there any **non OA announcements** related to recovery?

Welcome to the _____ meeting of Overeaters Anonymous.

My name is _____, and I am a compulsive eater and your leader for this meeting. Before we start the meeting, please silence all electronic devices, and make sure to select the MUTE button on this call, after joining us in the “The Serenity Prayer” if you wish.

SERENITY PRAYER:

“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.”

Leader continues:

As we extend the heart and hand of 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 of our common problem. Whatever problem you may have with food, you are welcome at this meeting. Are there any compulsive eaters here beside myself?

If everyone is a known OA member, skip to the Preamble reading.

IF THERE APPEAR TO BE NEWCOMERS:

Is there anyone here for a first, second or third time as a newcomer or returning member? If so, would you please tell us your first name so we can welcome you?

Invite the newcomer(s) to stay after the meeting and share contact information for future connection, if they wish.

If you are not a member of OA, and are a professional here to observe a meeting or are here to support a loved one, please identify yourself so we can welcome you.

Leader continues:

I have asked a friend to read “**The OA Preamble.**” Please mute yourselves unless you are reading the Preamble.

Thank you. I have asked a friend to begin reading “**How it Works**” and pass it on if desired. Remember to mute yourselves unless you are reading or speaking to the group.

Thank you. I have asked a friend to read the **Tradition of the Month.**

Leader continues:

Abstinence in OA is the act of refraining for compulsive eating and compulsive food behaviors while working towards 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 OA Twelve Step program.

Additionally, the OA tools of recovery help us work the Steps and refrain from compulsive eating and compulsive food behaviors. **The nine tools are:** a plan of eating, a plan of action, sponsorship, meetings, telephone, writing, literature, anonymity and service.

I have asked a friend to read the description of one of the **Tools of Recovery.**

Thank you.

Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and living the Twelve Steps & Twelve 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. To find a sponsor, look for someone who has what you want and ask how he or she is achieving it.

(Leader Read) Weekly announcements:

1. This weekly virtual meeting is recurring and will continue until we take a group conscience to decide to resume meeting face to face. Thank you for joining remotely.

2. (Only if there are Newcomers or Returning Members, take a “Group Conscience just for today”): What is the group conscience on ending the meeting five minutes earlier, to allow for sharing contact information? All in favor...any opposed?

3. Our monthly group business meeting is _____. All are invited. *(If it is a business meeting day, take a group conscience of whether to close 10 minutes early for the business meeting, or to start after the meeting.)*

4. COLA, our South Louisiana OA business intergroup, meets on the 3rd Saturday of the month, through Zoom until future notice. Please visit the OA New Orleans website (www.oaneworleans.org) for more information.

5. Are there any other announcements or recovery-related anniversaries?

Now is the time for the 7th Tradition.

According to OA’s 7th Tradition, we are self-supporting through our own contributions.

In this time of virtual meeting, we encourage local OA members to contribute directly to the intergroup Central Office of Louisiana (or, COLA), which has local expenses, and which sends contributions to the OA region and World Service offices to help continue to carry the message nationally and worldwide. There are two options (by mail or PayPal) found at the OA New Orleans website, on the Intergroup and 7th Tradition page, at oaneworleans.org/contact. Visit the page for more options, and **Give as if your life depends on it!**

(If newcomers present: As our welcome to newcomers, we suggest that you not contribute to the 7th tradition until you’re certain OA is for you. You might consider visiting OA.org to purchase literature that can help you in your recovery.)

(INSERT YOUR MEETING FORMAT HERE - OA literature reading, Big Book, etc.)

Sharing Guidelines:

Now is the time for sharing. _____ has agreed to serve as our Spiritual Timekeeper, thank you! Please watch or listen for the Timekeeper’s 1 minute cue for you to begin wrapping up. The Leader can ask you to end your share beyond the time allotted for your share.

Everyone is invited to share, newcomers and long timers alike. One person speaks at a time and everyone else listens. To assist with order on the virtual call, please raise your hand before speaking and the Leader will acknowledge you.

Finally we ask that all of us stay muted if we are not speaking to the group. Feedback and cross talk are discouraged in this OA meeting. Feedback and cross talk means giving advice to others who have already shared, speaking directly to another person, and questioning or interrupting the person speaking.

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***10 minutes before closing: Leader could decide to close “Sharing Time” to allow for exchange of participant contact information.*

Thank you everyone for doing service by participating in today's meeting.

The opinions expressed here today are those of individual OA members and do not represent OA as a whole. By following the Twelve Steps, attending meetings regularly and using the OA tools, thousands have changed their lives. We offer hope and encouragement.

(If newcomers are present: Thank you to an extremely important person in this room, our newcomer(s). We suggest attending at least six different meetings before deciding if OA is for you. There are numerous local meeting options listed on our oaneworleans.org website, on the Meetings page.)

Please remember our commitment to each other's anonymity: what you hear here, whom you see here, when you leave here, let it stay here. (Hear, hear!) Let us all reach out to newcomers, returning members and each other. Together, we get better.

I have asked a friend to read "**A Vision for You**" or "**The AA Promises.**"

Thank you again for being here today, and for allowing me to be your trusted servant. After a moment of silence for the sick and suffering, please join us in the "**OA Promise**" if you like.

Five minutes before closing: Leader could invite individuals who want to share contact information, esp. in newcomer presence..