

Suggested Recovery-from-Relapse Meeting Format

Neenah, Wisconsin 9:30am- 10:30am (Central Time)

(1.) [Leader: Read the following if there is a newcomer or returning member:

“Does anyone need to be left out of the temporary sponsor list for this week?”]

(2.) [Leader: Please speak loud enough to be heard by all in the room.]

“Welcome to the Recovery-from-Relapse meeting of Overeaters Anonymous. My name is _____, and I am your leader for this meeting. If you need to eat something or to get up or move around, we ask that you switch off your camera. [If the motion of others is distracting to you, you may find that watching in Speaker View rather than Gallery View may help you.] Please *silence/mute* your phones at this time. On a phone, *6 will mute or unmute your phone.”

(3.) “Will those who wish to, please stay muted and 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.”

(4.) “Welcome to anyone who is joining us for the first time. This meeting format has been specifically designed to address the subject of relapse and recovery, to provide an environment of support, and to encourage renewed recovery. This meeting urges you to put down the food and to pick up the Steps. The Twelve Steps of OA are your solution to freedom from compulsive overeating. They work if you work them; your recovery depends on it. This meeting is a place for OA members to come together to share their feelings, acknowledge their progress, and gain hope from those who have experienced recovery from relapse.”

(5.) “Let’s go around the room and introduce ourselves by first names.”

(6.) *[During Zoom Meetings-Sign into the Chat]* “Please use the Chat Button in place of the ‘WE CARE’ sheet if you are willing to share your contact information. The Chat Button allows you to send your contact info to everyone. Chat is located in the control bar at the bottom of your screen under “Participants”. We don’t use the Chat Button to carry on private conversations unless it is necessary for running the meeting.

(7.) “Would someone volunteer to read the Twelve Steps please?”

(8.) “Would someone volunteer to read the Twelve Traditions please?”

(9.) “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.

(10.) “The following reading is from our OA pamphlet *Members in Relapse*:

We all need to be loved and accepted, not because we are abstinent, not because we are at goal weight, but for who we are. This is especially true of OA members who are still suffering. They have been in program for some time, perhaps for months, maybe even years, but either they have not yet attained abstinence, or they are in relapse. When asked what helped them most, people who have gone through this painful experience agree on one thing: being loved and accepted—even when they were compulsively overeating, even when they were falling apart emotionally, even when they themselves felt hopeless and unlovable—was the key to their eventually loving and accepting themselves.”

(11.) Tools

“In OA, the Statement on Abstinence and Recovery is ‘*Abstinence 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 and working the Overeaters Anonymous Twelve Step program on a daily basis.*’ The OA tools of recovery help us work the Steps and refrain from compulsive eating. The nine tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service.

“Feedback, cross talk and advice-giving are discouraged here. Cross talk is giving advice to others who have already shared, speaking directly to another person or referring to another person by name, and questioning or interrupting the person speaking. We ask you to please respect the time so that all will have a chance to share.”

“When sharing, please speak loudly enough to be easily heard by all. If you cannot hear the speaker, please wave your hand. Will someone please share briefly on the tool of his or her choice?”

[If a newcomer is present, discuss all the tools.]

For more information, read the *Tools of Recovery* pamphlet.”

(12.) Sponsors

“We cannot work this program by ourselves. We have found it indispensable to call on the support of a sponsor for guidance in working our three-fold program of recovery. 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. To find a sponsor, look for someone who has what you want, and ask that member how she or he is achieving it. If you would like to speak with someone who sponsors, please talk to him or her after the meeting.

“If you are available to sponsor, willing to take outreach calls, or willing to get someone started in the program, please raise your hand.”

[Read the following if there is a newcomer:]

*“We display **OA-approved literature** at this meeting. Many OA members find that reading our literature daily further reinforces how to live the Twelve Steps. Our literature is available for sale or for use a lending library. Additional literature can be purchased through the OA website (www.oa.org).”]*

(13.) SEVENTH TRADITION:

“The only requirement for OA membership is a desire to stop eating compulsively. OA has no dues or fees for membership; we do not want personal financial conditions to be a barrier. However, according to our Seventh Tradition, we are self-supporting through our own contributions. Donations help with our group expenses (rent, literature, outreach) and help Madison Area Intergroup, Region 5, and World Service Office carry the message to other compulsive overeaters. We give because our lives depend on it!”

Our treasurer will put her address in the chat if you wish to send contributions through the mail. Our meeting does not have a bank account, so make checks payable to her.

(14.) REPORTS:

“Any OA announcements or reports?”

(15.) MEETING CHOICES:

“On the first Tuesday of the month, we read and discuss a chapter from the OA book Abstinence. On the third Tuesday of the month, we read and discuss a step from the OA 12 Steps and 12 Traditions, 2nd edition. At all other meetings of the month, we use the Voices of Recovery book and workbook.”

[Read the following if there is a newcomer:

SUGGESTED GUIDELINES FOR SHARING:

“Please share your experience, strength, and hope related to the topic. 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. We ask you to please respect the time so that all will have a chance to share.”]

(15-A.) FIRST TUESDAYS:

“Will someone please read the next chapter in the book *Abstinence (2nd Edition)*? Read as much or as little as you like, then pass.” [Volunteer(s) read the chapter.]

If you wish to share, you may [leader’s choice—pick one or more]:

1. Use the raise hand feature and wait for me to call on you (*Found under PARTICIPANTS at bottom of a computer screen or use *9 on phones.*)
4. Wave and I’ll call on you.

Unmute yourself when you are ready.

“The meeting is now open for sharing about the reading, about what is supporting personal recovery, or a gratitude list. Will someone please start?”

(15-B.) THIRD TUESDAYS:

“We will take turns reading from the OA 12&12 on the step of the month. Read as much as you care to, then say ‘pass’. Volunteers, please raise your hand so the leader can call on you.”

Jan: Step 11	Feb: Step 12	Mar: Step 1	Apr: Step 2
May: Step 3	June: Step 4	July: Step 5	Aug: Step 6
Sept: Step 7	Oct: Step 8	Nov: Step 9	Dec: Step 10

“The meeting is now open for sharing about the reading, about what is supporting personal recovery, or a gratitude list. Will someone please start?”

(15-C.) ALL OTHER TUESDAYS:

[Use *Voices of Recovery book/workbook.*]

“Today’s date is __. Would someone please read today’s question from the work-book?” [Volunteer reads the day’s question.]

“Would someone please read today’s reading from *Voices of Recovery*?” [Volunteer reads the day’s reading.]

“Please read today’s workbook question again.” [The question is read a 2nd time.]

“The meeting is now open for sharing about the reading, about what is supporting personal recovery, or a gratitude list. Will someone please start?”

(16.) CLOSING:

“Is there a volunteer to lead the meeting next week?”

(If none: “Seeing none, a leader will be chosen next week.”)

“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.”

[Read the following if there is a newcomer:

“(Newcomer/Returnee), our meeting can provide you with a temporary sponsor to help you connect to our fellowship and to get started or continue learning about the OA Twelve Step recovery program. (Temp Sponsor) will talk with you after the meeting about accepting a temporary sponsor.

“(Temp Sponsor) Please let Kathy M know if you would like the meeting to send a copy of the OA pamphlet: WHERE DO I START?]”

“We hope this meeting has given you renewed hope, strength, and encouragement. Please keep coming back, no matter what.”

[Ask member to share the OA Promise on the screen.]

“Please keep your screens muted as we join in ‘I Put My Hand in Yours*”

*[*Other suggested closings are: Serenity Prayer, 7th Step Prayer, or 3rd Step Prayer.]*

“Thank you all for being here. Please unmute your screens for fellowship.”