

Suggested Recovery-from-Relapse Meeting Format

Neenah, Wisconsin—9:30-10:30am (CDT)

Meeting ID: 940 0223 0366 — Passcode: 098683

(1.) [Leader: Please remember to speak loudly enough to be heard by all in the room. *Ask for a member to share the OA Promise on the screen later.*]

“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. Please silence/mute your devices at this time and remember that this meeting will be locked 15 min after opening to discourage Zoom-Bombers.

(2.) “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.”

(3.) “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.”

(4.) “Let’s unmute and go around the room and introduce ourselves by first names. Please just jump in.”

(5.) “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. We don’t use the Chat Button to carry on private conversations unless it is necessary for running the meeting.

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

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

(8.) “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.

(9.) “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.

(10.) “Our meeting has **three parts**: first, we have a discussion of **Tools**, next we read from a **rotating list of literature** (today we are reading from ____), and lastly, we have **open sharing** after the readings.

(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. Use the raise hand feature, wave, or jump in when there is an interval. Will someone please share briefly on the tool of his or her choice?”

[If a newcomer is present, consider discussing all 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:

“Our meeting will send a paper copy of “Where do I Start?” pamphlet in the mail if you stay after the meeting to share your address. Along with other literature, the pamphlet is also available as a free PDF download on the OA.org website.”]

(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. Please send donations directly to Wisconsin’s Madison Area Intergroup (our Zoom account supplier), Region 5, and World Service Office carry the message to other compulsive overeaters. **A member will post the Madison Intergroup address in the Chat.** We give because our lives depend on it!”

(14.) TEMPORARY SPONSORS:

“This meeting has a rotating service position of Liaison. Please reach out to ____ for information on the meeting, connecting to a temporary sponsor, or any other questions about getting started in OA. The liaison will put her/his contact info in the chat, or you can stay a few minutes after the meeting closes.

(15.) REPORTS:

“Any other OA announcements or reports?”

(16.) 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.

(17.) MEETING CHOICES: [Select ONE box from the next pages to read.]

(17-A.) FIRST TUESDAYS:

“Will someone please start to read the next chapter in the book ABSTINENCE (2ND EDITION)? Read as much or as little as you like, then say ‘*Pass*’.

[*Volunteers(s) read the chapter.*]

“The meeting will now be open for sharing about the reading, about what is supporting personal recovery, or a gratitude list. It is okay to mention specific foods, if necessary, but please do not describe them in loving detail.

“To share, you may use the raised hand feature, wave, or just jump in if there is an interval.

(17-B.) SECOND AND FIFTH TUESDAYS:

[Use VOICES OF RECOVERY Book and Workbook]

“Today’s date is _____. Would someone please read today’s workbook question and then put that question in the chat?

“Would someone please read today’s reading from the book *Voices of Recovery*?

“Please read today’s workbook question again.

“The meeting is now open for sharing about the reading, about what is supporting personal recovery, or a gratitude list. It is okay to mention specific foods, if necessary, but please do not describe them in loving detail.

“To share, you may use the raised hand feature, wave, or just jump in if there is an interval.

•
“Would someone please start?”

(17-C.) THIRD TUESDAYS:

“We will take turns reading from the OA 12&12 on the step of the month (see chart below).

“Read as much as you care to, then say ‘*Pass*’. Volunteers, please raise your hand so I may call on you.

[*Read the chapter*]

“The meeting is now open for sharing about the reading, about what is supporting personal recovery, or a gratitude list. It is okay to mention specific foods, if necessary, but please do not describe them in loving detail.

“To share, you may use the raised hand feature, wave, or just jump in if there is an interval. Would someone please start?”

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|---------------------------|---------------------------|--------------------------|---------------------------|
| Jan: Step 11 | Feb: Step 12 | Mar: Step 1 | Apr: Step 2 |
| May Step 3 | Jun: Step 4 | Jly: Step 5 | Aug: Step 6 |
| Sep: Step 7 | Oct: Step 8 | Nov: Step 9 | Dec: Step 10 |

Boxes continue on next page

(17-D.) FOURTH TUESDAYS:

“We will take turns reading a story from the A NEW BEGINNING book. We are on page ___. Read as much as you care to, then say ‘Pass’.

“Volunteers, raise your hand so that I may call on you.

[Read the story]

“The meeting is now open for sharing about the reading, about what is supporting personal recovery, or a gratitude list. It is okay to mention specific foods, if necessary, but please do not describe them in loving detail.

“To share, you may use the raised hand feature, wave, or just jump in if there is an interval.

“Would someone please start?”

(18.) CLOSING:

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

“Is there a volunteer to claim host and open the waiting room at the meeting next week?

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

“You may want to jot down ___ (*next week’s host’s*) ___ contact info in case you need to join the meeting after it has been locked.

“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.

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

*[Ask a member to share the OA Promise on the screen. “Please keep your audio 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.”

Other Meeting Information

1. Revision dates: July 2025
 - a. Include statement: "It is okay to mention specific foods, if necessary, but please do not describe them in loving detail." July 2025
2. Recovery Roulette:
 - a. If there are a few minutes of time at the end of the meeting, group members randomly open an OA daily reader and read just the quotation at the top of the page (not the entire page).
3. Group Conscience:
 - a. Any member can request a group conscience.
 - b. It has been our meeting custom to announce the request 2 weeks in advance so that people who are absent the week of the announcement or who want to re-arrange schedules can be aware of the group meeting. A reminder announcement is mentioned one week before the date of the group conscience.
 - c. The group consciences can be scheduled before, during, or after the meeting--or even at a different day/time.
 - d. The person asking for the group conscience is usually the one who leads the discussion.
 - e. So, announce the request, mention the date/time/topicand away you go!