

OVEREATERS ANONYMOUS MEETING FORMAT
WHITTIER, WEDNESDAY, 7:00 P.M. HYBRID STEP & TRADITION STUDY

1. Good evening and welcome to the Whittier Wednesday night meeting of Overeaters Anonymous. My name is *(first name only)*, a compulsive overeater and your leader for tonight's meeting. Will those of you who wish, please unmute yourselves and join me in "The 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." Amen.

2. To preserve our eleventh tradition of anonymity, we request no recording or screenshots of any kind at this meeting, and no screen display of last names. If others can hear what is being said, please use headphones. In order to prevent background noise from disrupting the person speaking or reading, we kindly ask that you mute yourself during the meeting until it's your turn to speak or read.

3. Will someone please read "An Introduction to the Twelve Steps?" This can be found on page 1 of The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition.

4. Will someone please read "The Twelve Steps of Overeaters Anonymous?" This can be found on page 169 of The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition.

5. Are there any newcomers here tonight? If so, please raise your hand and introduce yourself by first name only so that we can get to know you. We welcome you to stay after the meeting to ask any questions you may have.

6. Are there any visitors from outside the area or anyone visiting our meeting for the first time? If so, please raise your hand, introduce yourself by first name only, and state whether or not you are a compulsive overeater.

7. We will now ALL introduce ourselves by first name only. We will start with the Zoom participants. The leader will call on each Zoom participant by name, one at a time, to introduce him or herself. We will then go around the room at the in-person group at First Friends. Please state if you are available to sponsor or take outreach calls.

8. Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. According to our Third Tradition, the only requirement for OA membership is a desire to stop eating compulsively. If you share this desire, welcome!

9. At this meeting, we read from The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition. We will read the entire chapter on the current step or tradition as noted by the secretary. Please read one or two paragraphs when called on, or say "pass" if you don't care to read. All sharing of what was read is reserved until the entire chapter is completed. *(Leader, please call on 3 people at a time to read, possibly less toward the end of the chapter).*

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10. We are now open for sharing on what was read. This meeting discourages feedback, cross-talk, and advice-giving. 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 actively sharing. All shares are timed for 3 minutes with a 1-minute signal as a gentle reminder to wrap up your share. Please acknowledge when you see the reminder so that the timekeeper may stop signaling. In order to prevent background noise from disrupting the person speaking, we kindly ask that you mute yourself during the meeting until it's your turn to speak. We will end the sharing on the reading at 7:50 p.m.

11. According to our Seventh Tradition, we are self-supporting through our own voluntary contributions. Contributions can be made online at oaoci.org by clicking on the 'Contribute to the 7th Tradition' button. As an alternative, you can mail a check to the Orange County Intergroup of Overeaters Anonymous at P.O. Box 23057, Santa Ana, California 92711. Newcomers are asked not to give but to consider purchasing literature instead. Literature can be purchased online at bookstore.oa.org. Details about making contributions and purchasing literature will be posted in the chat. Who will be doing that tonight?

12. Fellows who would like to receive outreach calls are encouraged to post their phone numbers in the chat and reach out to other fellows on our phone list. Remember, the telephone is our lifeline between meetings. If you are available to sponsor, please let us know by posting your name and phone number in the chat.

13. Will someone please read "The Twelve Traditions?" This can be found on page 170 of [The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition](#).

14. Can we please have the Secretary's Announcements?

15. We are now open for sharing. This meeting discourages feedback, cross-talk, and advice-giving. All shares are timed for 3 minutes with a 1-minute signal as a gentle reminder to wrap up your share. Please acknowledge when you see the reminder so that the timekeeper may stop signaling. We will end the sharing at 8:25 pm. Who would like to begin?

16. At 8:25 pm: Will someone please read the "The Promises" from [Alcoholics Anonymous](#), also known as the "Big Book", starting at the bottom of page 83, last paragraph?

17. After a full minute of silent meditation for those of us still suffering in and out of these rooms, please join me in "The Serenity Prayer." A chime or timer will signal the start and then the end of our full minute of meditation. We ask that everyone except the person setting the chime or timer remain muted until we end the meditation. Who will be setting the chime or timer tonight?