

Meetings Out of Lockdown

Traditions	OA Slogans	Technology	Covid-issues	Emotions
1. Our common welfare should come first; personal recovery depends upon OA unity. It's ok not to be able to meet everyone's needs. Group conscience required regarding meetings going forward	Progress not perfection	Viability / need for Hybrid – accessible for all, good for all seasons, for those shielding, with physical health issues	Shielding	Anxiety around uncertainty and change. What changes are coming?
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. Where is God in all this? What is my HP's guidance?	Easy does it	Viability / need for Virtual - accessible for all especially those without local meeting, good for all seasons, for those shielding, with physical health issues	Viability of using original venue	Fear e.g. losing Zoom meeting or of going back to F2F meetings
3. The only requirement for OA membership is a desire to stop eating compulsively.	Thy will, not mine, be done	Technical equipment e.g. tv, laptop, dongle. What is a dongle?	Risk assessment	Am I being listened to? Are my concerns being heard?
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.	First things first	Wifi access	Social distancing	Assumptions being made
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.	Cultivate an attitude of gratitude	Viability / need for F2F meeting – better for connection/those who are isolated	Track and Trace	Resentments
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.	Don't leave before the miracle happens	Additional service positions e.g. technical, cleaning, track & trace register, meet & greet for newcomers if meeting remains virtual	Cleaning before and after a meeting	Trust issues during pandemic and moving target

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7. Every OA group ought to be fully self-supporting, declining outside contributions.	One day at a time		Literature, laminated readings, newcomer packs	It's ok to fail. Progress not perfection.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.	FEAR = False Expectations Appearing Real		Record keeping for F2F meetings	Isolation vs connection
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.	Surrendering means you don't have to fight anymore		Finances required to support new style of meetings	Changing membership of group / changing style of group
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. + Confidentiality re Covid status of fellows				