

LEICESTER OA LITERATURE MEETING FORMAT

INTRODUCTION

Welcome to the Leicester Meeting of Overeaters Anonymous.

My name is *[your name here]*. I am a compulsive eater and your leader for this meeting.

OPENING PRAYER

After a moment's pause, to remember why we are here and those who are still suffering from compulsive eating, will those who wish to, please join me in the Serenity Prayer.

OA UNITY WITH DIVERSITY POLICY

The fellowship of Overeaters Anonymous encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute. We welcome all who share our compulsion. Everyone with the desire to stop eating compulsively is welcome in Overeaters Anonymous.

WELCOMES

Are there any other compulsive eaters here?

[Pause for show of hands and welcome everyone]

Can we all take a moment to introduce ourselves?

(Leader starts and invites others to speak)

We invite you to share your name and contact information in the chat. Please also let us know if you are a new member.

OA PREAMBLE

[You can ask for a volunteer to read the OA Preamble]

[Note: not everyone has a copy so best if you can share your screen]

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 behaviours and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

THE TWELVE STEPS

[You can ask for a volunteer to read the 12 steps]

But I'm too weak. I'll never make it!" Don't worry, we have all thought and said the same thing.

The amazing secret to the success of this program is just that: weakness.

It is weakness, not strength, that binds us to each other and to a Higher Power and somehow gives us the ability to do what we cannot do alone.

If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone any more.

Welcome to Overeaters Anonymous.

Welcome home!

TRADITION OF THE MONTH

[Read tradition of the month only]

DEFINITION OF ABSTINENCE AND RECOVERY IN OA

Abstinence is the action of refraining from compulsive eating and compulsive food behaviours 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.

TOOLS OF RECOVERY

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

SPONSORS

Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the Twelve Steps and 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 she or he is achieving it.

Will all abstinent sponsors please identify themselves?

Will all available sponsors please identify themselves?

ANNOUNCEMENTS

Are there any OA announcements?

SEVENTH TRADITION

According to our Seventh Tradition we are self-supporting through our own contributions. We give regular contributions to our intergroup and OAGB to help carry the message and money to send our group's representative to the National Assembly. Contributions also help cover the cost of the Zoom platform. Please give as much as you are able but remember we need you more than we need your money. The bank details will be posted in the chat.

MEETING CHOICE

This is a literature meeting. Today we are reading *[insert details]*. After the reading, we invite you to share on the reading or anything related to your recovery.

SUGGESTED GUIDELINES FOR SHARING

As you share your experience and strength in OA, please also share your hope. Please confine your sharing to your experience with the disease of compulsive overeating, 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.

Feedback, cross talk and advice giving are discouraged here. 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 speaking or sharing at the time.

We ask everyone to respect our group conscience which has decided that the chair has the discretion to suggest if someone is off topic or speaking too long.

After the reading, perhaps members who have been here for a while could describe how they used to be before OA, what has happened since joining, and what they are like now?

CLOSING

By following the Twelve Steps, attending meetings regularly, and using the OA Tools, we are changing our lives. You will find hope and encouragement in Overeaters Anonymous.

The opinions expressed here today are those of individual OA members and do not represent OA as a whole. Please remember our commitment to honour each other's anonymity.

Whom you see here, what you hear here, when you leave here, let it stay here.

Let us all reach out by phone or email to newcomers, returning members, and each other. Together we get better. Once again, please leave your contact information in the chat.

Thank you for letting me lead the meeting. After a moment of silence, please join us in the *[OA Promise/Serenity Prayer – You choose!]*