

Format for the Recovery from Relapse meeting¹

1. Welcome to the Recovery from Relapse meeting of Overeaters Anonymous. My name is _____, and I am your leader for today's meeting.
2. Will those who wish, please join me in the Serenity Prayer?
3. This meeting format has been specifically designed to address recovery from relapse. Our goal is to create an environment of support and to encourage renewed recovery through a fresh perspective on how to work the Steps, including: working toward strong abstinence by using sponsors; reading and studying OA-approved literature; working ALL of the 12 Steps; and living in Steps 10, 11, and 12 by working ALL the principles of the program.

This meeting urges us to accept the idea that a plan of eating and the 12 Steps, together, provide the best opportunity for success. The 12 Steps of OA are our solution to freedom from compulsive overeating and compulsive food behaviors. They work when we work them; our recovery depends on it.

4. Now, let's go around the group and introduce ourselves by our first names.
To make it easy to contact each other, please edit your Zoom name to include your phone number or put in in the Chat. If you're new to OA, or returning, and have questions, please tell us in the Chat.
5. 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. Whatever problem you may have with food, you are welcome here, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait.

There are no dues or fees for members; we are self-supporting through our own contributions. 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 12 Steps of OA to those who still suffer.

At this time, OA defines abstinence and recovery in the following way:

- Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working toward or maintaining a healthy body weight.
 - Spiritual, emotional, and physical recovery is the result of working and living the Overeaters Anonymous Twelve Step program on a daily basis.
6. Will someone please read the statement regarding “Members in Relapse” from our OA pamphlet?
 7. Will someone please share the Twelve Steps of Overeaters Anonymous?
 8. Will someone please share the Twelve Traditions of Overeaters Anonymous?
 9. **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.
 10. **Sponsors** — 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 they 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. Will all sponsors in the meeting please identify yourselves? For additional support, please consider contacting any member whose phone number is displayed.
 11. **Seventh Tradition** — According to our Seventh Tradition, we are self-supporting through our own contributions. We support our intergroup, region, and world service office when we have met our own expenses for literature and rent. We encourage OA members to give as much as you are able to help our group be self-supporting. We have two ways to contribute: using PayPal at the South Sound Intergroup web site or by mailing our contributions to Margo. Can someone put Margo’s address into the Chat?
 12. Are there any reports or announcements? Is anyone celebrating an OA birthday?

Will someone volunteer to lead the meeting next week?
- End-of-the-month meetings — Will someone volunteer to host meetings for next month?

13. We will now begin reading a story from “A New Beginning; Stories of Recovery from Relapse”.

We will read the entire story and then open the meeting for sharing on that selection. Can someone confirm the starting point for this week?

After reading the story, please share the following statement:

We will now open the meeting for sharing. Please share your experience, strength and hope. 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.

If you choose to raise your zoom hand to share, the leader will call on you. Raising your hand is not required for sharing.

Please limit your shares to approximately 3 minutes so all may have a chance to share. This group uses a timer to remind us when time is up; will someone volunteer to run the timer?

If you are sharing, please acknowledge the timer when it is displayed.

14. (At 12:10pm) Does anyone have a burning desire before we close?

By following the 12 Steps, attending meetings regularly, and using the OA tools, thousands have changed their lives. This meeting is a place for OA members to come together to share their experience, strength, and hope regarding recovery from relapse.

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. Whom you see here, what you hear here, when you leave here, let it stay here. Let us all reach out by phone, text or email to newcomers, returning members and each other. Together we get better. We hope that this meeting has given you renewed hope, strength, and encouragement. Please keep coming back, no matter what.

Thank you for allowing me to be your leader. After a brief moment of silence, will those who wish please join me in the _____?

(Serenity Prayer, Third-Step Prayer, Seventh-Step Prayer, or Unity Promise)

