

**OA / HOW Meeting Format  
Wednesday, 5:30 - 6:30  
p.m. St. Peter's Hospital,  
(Currently being held on  
Zoom. Zoom link is at  
oasouthsoundintergroup.o  
rg and oa.org )**

**Introduction: "Welcome to the Wednesday HOW meeting of Overeaters Anonymous / HOW Concept group. My name is \_\_\_\_\_ and I am a recovering (insert your disorder here) and the leader of this meeting.**

**"Will you please 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."**

**"Unity with Diversity: As we extend the heart and hand of the OA Fellowship to those who still suffer, let us be mindful of OA's Unity with Diversity Policy, which respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, differing abilities, or any other trait."**

**"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."**

**"So that I don't feel alone, are there any compulsive eaters here besides myself?"**

**"Are there any newcomers here for their first, second or third Overeaters Anonymous meeting?" (If yes, ask the newcomers to share their first name so we may welcome them).**

**"Is there anyone here in their first 30 days of abstinence or celebrating an abstinence birthday?"**

**Readings: (Please ask others to read)**

- **Our Program and How it works**
- **The Twelve Steps**
- **The Twelve Traditions**
- **H.O.W. Concept**

**Member Introductions: "Let's go around the room, and introduce ourselves."**

**Tools: "The OA Tools of Recovery help us work the Steps and refrain from compulsive overeating. The nine Tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service." (Ask someone to choose one of the tools to read followed by the sponsorship tool).**

**New Sponsors: "Are there any new Sponsors?" If yes, "At this point, I ask the group to join me as we celebrate another example of the many miracles that bind OA. This is known as "Stepping-up" in HOW. Will the Sponsor(s) please introduce those who have at least 30 days of continuous abstinence, have taken the first three steps, and are now ready to become a HOW food sponsor."**

**Seventh Tradition: "Our Seventh Tradition states that we must be self-supporting through our own contributions. The money collected here goes to support this meeting and other levels of the OA organization to help spread the message that there is recovery from compulsive overeating and other eating disorders. The newcomers who are attending their first, second, or third meeting, need not make a contribution today. While we are meeting in Zoom, if you'd like to send a 7<sup>th</sup> Tradition check to our treasurer ( ), her phone number is in the chat to call for her address. Also there are other ways to give at oa.org."**

**Announcements: "Are there any OA related announcements?"**

**Topic: "This is an OA topic meeting and I have chosen the following topic for today:\_\_\_\_\_ We choose this type of meeting format to keep our focus on the solution, not the problem. Leader shares for 10 to 15 minutes on the topic."**

**"Sharing: We ask those who share, to refrain from mentioning any specific food items. We also do not cross talk. People are encouraged to keep their share to 3 minutes. (If there are fewer than ten meeting participants, we will dispense with using a timer)."**

**At 6:25 p.m.: "Does anyone have a burning desire to share before the meeting ends?"**

**After the last share: "Please remember our cherished tradition of anonymity. Who you see here, what you hear here, when you leave here, let it stay here" (Group: "Here, here.")**

**"Will someone with at least 30 days of continuous abstinence please volunteer to lead our meeting next week and take the meeting bag with them?"**

**"Will someone please take the literature bag?"**

**Meeting closure: "Would someone please read A Vision for You, or The Promises?"**

**Leader reads: "OA Responsibility Pledge: Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."**

**"Thank you for the opportunity to lead this meeting. After a moment of silent meditation, will those of you who wish please join me in \_\_\_\_\_." [Select one of the following suggested closings: Serenity Prayer, Seventh Step Prayer, Third Step Prayer, or the OA Promise 'I put my hand in yours....']**

**This meeting format uses the one suggested by OA at  
<https://oa.org/app/uploads/2021/06/suggested-meeting-format.pdf>.  
Latest revision of this format 10/1/2021**

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- 12 steps and traditions already has:
- Our program
- HOW it works
- AABBB Chapter 5: A portion of the AABBB
- Serenity prayer “me’ and “we”
- Third and Seventh step prayers
- Prayers, the OA Promise
- A Vision for you
- The Nine Tools
- The HOW concept
- Preamble
- Responsibility pledge

**Can we also use ones that are just off the internet like HOW concept. Or can we add on to the Diversity pledge and/or take it from the format at oa.org without citing a source?**

## **CLOSING PRAYERS**

**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."**

**Serenity prayer (We version):**

**God, grant us the serenity to accept the things we cannot change;  
courage to change the things we can;**

**and wisdom to know the difference."**

**Third Step prayer:**

**God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!**

**Seventh Step prayer:**

**"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."**

**The OA Promise:**

**"I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams."**