Thursday Evening
Overeaters Anonymous
Relapse to Recovery Meeting

SPEAKER FORMAT

LEADER BEFORE MEETING: Please assign the following readings prior to the meeting, or as people enter the meeting room:

“Unity with Diversity Policy” - Handout 1
“The 12 Steps” - Handout 2
“Tradition of the month.” Handout 3

Please remind the guest speaker that we avoid any mention of food, and any description of food, so we don’t accidentally trigger the returning relapser.

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Please start meeting promptly at 8:00 p.m.

Leader: Welcome to the Relapse to Recovery Thursday evening meeting of Overeaters Anonymous.
My name is __________ and I am a compulsive overeater and the leader for this meeting.

Leader: We open our meeting with the Serenity Prayer. Please remain muted.

Leader: 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.
Leader: Would __________ please read the OA Unity with Diversity Policy.

Reader: (Handout 1) “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.”

Leader: This meeting is specifically designed to support OA members who are returning from relapse. This is an environment of support. Whatever problem you may have with food, you are welcome at this meeting. We have a mix of sponsors and long-time members here tonight as well as OA friends in various stages of coming back from relapse. All are welcome. Everyone is welcome to share during this meeting, and we welcome questions.

Leader: A few of us will stay in the room after we end the meeting, to chat, to answer any questions, and to connect returning members with sponsors. If you are struggling in relapse and not quite ready for a sponsor but would be interested in finding a program buddy, please reach out to us after the meeting.

Leader: We’d like to take a moment to greet returning OA members. Is there anyone here tonight coming back from relapse, anyone struggling in relapse, or anyone counting days. Please unmute and and say hello. STAR SIX to unmute if you are on the phone.

Leader reminder: After each person says hello, please greet them with:

“Hi ____ (name)_____, Welcome back.”

Leader: Whether or not you said hello, we welcome everyone of you here tonight.

Leader: 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 anymore. Welcome to Overeaters Anonymous. Welcome home.
Leader: We’d like to remind everyone on the meeting to put their name and phone numbers in the chat, to be of maximum support to returning members. Returning members you are welcome to save the chat or take a snapshot of the chat and keep the numbers. Sponsors please indicate your availability or whether you could get someone started.

Leader: Now, would all sponsors who are relapse survivors please raise your hand and tell us your name, weight loss and length of your OA recovery.

Leader: Thank you. Will _____________ please read the “12 Steps of Overeaters Anonymous”? (Handout 2)

Reader:

Step 1 We admitted we were powerless over food — that our lives had become unmanageable.

Step 2 Came to believe that a Power greater than ourselves could restore us to sanity.

Step 3 Made a decision to turn our will and our lives over to the care of God as we understood Him.

Step 4 Made a searching and fearless moral inventory of ourselves.

Step 5 Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Step 6 Were entirely ready to have God remove all these defects of character.

Step 7 Humbly asked Him to remove our shortcomings.

Step 8 Made a list of all persons we had harmed, and became willing to make amends to them all.

Step 9 Made direct amends to such people wherever possible, except when to do so would injure them or others.

Step 10 Continued to take personal inventory and when we were wrong promptly admitted it.

Step 11 Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Step 12 Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters, and to practice these principles in all our affairs.
Leader: Thank you. Will _____________ please read the tradition of the month. This month is _________ so we will be reading Tradition____.

(Handout 3)

Reader: Tradition 1: Our common welfare should come first; personal recovery depends upon OA unity.

Tradition 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.

Tradition 3: The only requirement for OA membership is a desire to stop eating compulsively.

Tradition 4: Each group should be autonomous except in matters affecting other groups or OA as a whole.

Tradition 5: Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

Tradition 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.

Tradition 7: Every OA group ought to be fully self-supporting, declining outside contributions.

Tradition 8: Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Tradition 9: OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Tradition 10: Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Tradition 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.

Tradition 12: Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.
Leader: Thank you. Tradition 7 states that every OA group ought to be fully self-supporting, declining outside contributions. Money collected from members in this group is used to support Intergroup, Region and OA World Service. It’s easy to make a donation to OA. Instructions are on our website which you will find in the chat. OA accepts Venmo and Zelle among other forms of payment. Could someone please volunteer to type our Intergroup website address into the chat? It’s www.njioa.org. Thank you.

Leader: Tradition 12 reminds us that Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. Please respect our members’ privacy by making sure that no one can see or hear other fellows except yourself. Thank you.

Leader: We will post a link to our We Care list in the chat. You may edit it yourself in Google docs and add your name and telephone contact, or you may ask in the chat to be added by our service person.

Leader: Is there a Secretary Report tonight?

Leader: Could I please get a volunteer Timer for this meeting? Thank you. We would prefer a silent show of the timer face in your zoom camera, rather than a musical ringtone or verbal interruption.

Leader: Our meeting format includes a guest speaker on the last Thursday of the month. Tonight we are grateful to have ________________ to carry the message of their Relapse into Recovery, and to qualify on his/her experience, strength and hope.

Leader: The Speaker will qualify for 20 minutes and then we will open the meeting to sharing on our topic questions.
Speaker: (Qualifies for 20 minutes)

Leader: Thank you ________ (speaker name)_______ for sharing your experience, strength and hope with this meeting.

Leader: We will now move to topic questions and sharing. In this meeting we carry the message of the path back from relapse into recovery. We have found it helpful to hear experience strength and hope from those who have returned themselves from relapse and have been successful in their abstinence by working the 12 Steps. Out of respect to others and in order not to trigger anyone, we do not mention food when we share, nor do we describe food.

Leader: If you have any questions during the meeting, feel free to unmute at any point and pose your question to the group. I will then ask two meeting participants to share on the topic of the question.

Leader: Please use the virtual hand raise. If you are calling in by phone, press STAR NINE to raise and lower your hand. Press STAR SIX to mute and unmute. If you cannot raise your virtual hand, please wave. If you can’t get my attention, please unmute and let me know you wish to share.

Leader: There is a 2-minute time limit on sharing. Please keep your eye on the timer while you share. We use a visual to indicate the end of your two minutes, rather than an audible interruption.

Leader: Please avoid crosstalk or making any personal reference to our speaker or other fellows at this meeting. We do not give advice.
Leader: We will now begin with Topic 1.

Topic 1:
What brought you to this meeting tonight?

Who would like to share on this topic? Please raise your virtual hands.

(Leader Reminder: If a member poses a question, ask if two meeting participants would be willing to share their experience in response to the question posed. After two people share go back to current topic and ask if anyone else would like to share on this topic)

Leader: Thank you. The next topic is topic 2.

Topic 2:
What OA tool do you find most helpful?

OA has developed 8 Tools to assist us in our journey through the 12 Steps. Plan of Eating, Sponsorship, Reading & Writing, Telephone, Meetings, Anonymity, Service and Plan of Action.

The topic is: What tool do you find most helpful?

Who would like to share on this topic or does anyone have any questions?

(Reminder: If a member poses a question, ask if two meeting participants would be willing to share their experience in response to the question posed. After two people share go back to current topic and ask if anyone else would like to share on this topic)
**Leader:** Thank you. The next topic is topic 3.

**Topic 3:**
How do you find willingness? What does willingness mean to you?

Who would like to share on this topic? or does anyone have any program related questions?

(Leader: If hands don’t go up right away you could share yourself on this topic to open up the floor.)

(If a member poses a question, ask if two meeting participants would be willing to share their experience in response to the question posed. After two people share go back to current topic and ask if anyone else would like to share on this topic)

**Leader:** Thank you. The final topic is topic 4.

**Topic 4:**
What was your solution?

Who would like to share on this topic or does anyone have any questions?
Leader: Thank you. We have about a minute or so left before we have to close. Does anyone wish to claim their seat? Are there any returning OA members who we didn’t greet at the start of the meeting? This is your chance to unmute and say hello.

By 8:59 pm we start to close:

Leader: We have a nice way of closing this meeting.

I’m going to read the last paragraph from page 164 in the Big Book of Alco-holics Anonymous:

“Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you - until then.”

Leader: Thank you all for joining us. We love you and care about you. Have a blessed 24. We are here for you. Stay on if you’d like to meet sponsors and for any questions. We hope to see you all back her next week.

Goodnight one and all.

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