

Overeaters Anonymous
Monday 7:30PM HOW Leader Script
***ZOOM Platform**

Meeting begins promptly at 7:30 pm

1. Welcome to the Monday night HOW meeting of Overeaters Anonymous. My name is _____, I am a compulsive overeater and your leader for this meeting.

2. 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, or any other trait.

Are there any compulsive eaters here beside myself?

3. Will those who wish please join me in the Serenity Prayer. (UNMUTE IF YOU WISH)

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

4. ZOOM ETIQUETTE as suggested by World Service Organization and NJIOA:

During the entire meeting, when you are not speaking, please remain muted.

Tradition 12 states anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. Please make sure to respect our members' privacy by making sure that no one can see or hear other fellows except you. Please switch off cameras, and mute yourself if you are taking a meal, need a personal break or other possible distraction.

5. Are there any OA members from out of town, new to OA or new to this meeting? If so, please give your FIRST NAME, the TOWN you are from, and how long you have been in the program so we can get to welcome you.

6. Will someone please read the By Laws?

7. Will someone please read Our Invitation to You?
8. Will someone please read the HOW concept?
9. Will someone please read The Only Requirement?
10. Will someone please read page 549/550 from the Big Book?
11. Will someone please read Chapter 5 “How it Works” from the Big Book?
(starts on p 58)
12. Will someone please read the 12 Steps of OA?
13. Will someone please read Tradition of the month?

(Back to the Leader):

14. In the absence of a physical “We Care” book, please feel free to post your first name and phone number in the Chat box, or you may add it to your screen name.

To the Newcomer, please feel free to add the word “NEWCOMER” so we may get to know you.

15. According to our 7th tradition, we are self-supporting through our own contributions. This is voluntary. World Service suggests a \$5 donation, but please give what you can, if you can. Please see NJIOA.org for donation instructions and include Monday night HOW in the donation memo line

Can someone please post the link to our website in the CHAT? Thank you.

16. Business meeting take place quarterly the 3rd Monday of January, April, July and October or scheduled by group conscience to take place on the 3rd Monday of a different month. Agenda items are sent to the Chairperson or Secretary 2 weeks prior and will be announced the week prior to the business meeting. We encourage all to attend. There are no abstinence requirements

17. I wish to ask 8 Abstaining HOW sponsors of this fellowship to read, or share about how you have recently used the 8 tools of our program

1. The first tool is a PLAN OF EATING
2. The next tool is SPONSORSHIP.

(After the share the leader says): Will all Sponsors (HOW and non-HOW), please identify yourself by raising your hand – either physically or virtually. When called, please give your name, how long you've been in program, your current length of abstinence, whether you are available to sponsor, and your weight loss. Please speak loudly and clearly so all may hear your recovery.

(Note: After all the names are called, ask if anyone is on the phone or was missed.)

3. The next tool is TELEPHONE.

4. The next tool is SERVICE.

(After the share the leader says) Will all members of OA who hold service positions for any OA meeting or Intergroup please identify yourself by raising your hand – either physically or virtually in the PARTICIPANTS list by selecting RAISE HAND.

When called, please give your name, and tell which service position you hold. Please announce your Service Position only and keep it as brief as possible.

5. The next tool is ANONYMITY.

6. The next tool is READING and WRITING

7. The next tool is ACTION PLAN

8. The last tool is the one we are working now, MEETINGS

(Back to the Leader):

18. Are there any Step-Ups or tokens tonight? Coin presentations for less than 90 days should be presented without discussion.

19. Once again, we ask if there are any NEWCOMERS or RETURNEES tonight? If so, will the Newcomer Welcomer please give them a special welcome?

If you are willing to stay after the meeting to speak with Newcomers, please raise your hand. Thank you!

20. Now, it is time for the Secretary's report. Please announce current and upcoming Special Events, as details can be found on our website at NJIOA.ORG.

(Back to the Leader):

Are there any other OA related announcements?

At the last meeting of the month, the Treasurer gives their report. Is the Treasurer here?

21. Now, the Speaker shares their experience, strength, and hope for 20 to 25 minutes: what they were like, what happened to them, and what they are like now. This will be timed. The timekeeper tonight is _____.

Please be sure you are muted and switch off camera if you need a personal break or other possible distraction.

_____ Speaker Shares _____

22. (After the Speaker's share the leader says), the speaker picks a TOPIC for discussion. The topic tonight is _____.

Members may share 3 minutes and will be timed. The timekeeper tonight is _____.

Please try to keep pitches positive. We avoid cross talk, and do not give advice.

There is no abstinence requirement for sharing at this meeting. All may share their experience, strength, and hope.

23. The meeting is now open for sharing. Please raise your hand (in Participants list or physically) if you would like to share on the topic, or anything you need to share with the group.

(If there is extra time at the end of the meeting, the leader says): This Group has voted that if there is a lull in the meeting, in order to keep the meeting running smoothly, the leader may put out a topic for discussion, read something from OA approved literature, or share on a favorite slogan, to encourage further group discussion.

26. At 9pm, the Leader says: In closing, let me say the opinions expressed here tonight by those who shared are our own and not necessarily those of OA as a whole.

Thank you for asking me to be your leader.

28. At the Monday night HOW meeting we believe in the power of prayer. Will those who wish, please join us in a moment of silence, sending a special energy prayer to those who are still suffering, in and out of the rooms – followed by the _____ (*leader picks the prayer*: either the SERENITY PRAYER or the OA PROMISE (also known as Rozanne's Prayer)).

Unmute if you wish.

Serenity Prayer: God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

OA Promise: I put my hand in yours and together we can do what we can 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
Close the meeting.

—END—

Updated: 11-2-2020

Updated 4.15.2023

Updated 5.26.2024

Updated 10.12.2025

Updated 7.27.2026