

OVEREATERS ANONYMOUS
HOW RIVER EDGE ZOOM MEETING
MEETING STARTS AT 10:45 AM AND ENDS AT 12:00 PM
(The Handouts are located at www.njioa.org on the Virtual Meeting Page)

1. "Welcome to the Wednesday morning HOW meeting of Overeater's Anonymous. My name is _____ and I am a compulsive overeater and your leader for the meeting.

2. "Are there any other compulsive overeaters here besides myself?"

3. "Will someone please read the **BY-LAWS**?"

4. "Will someone please read the **12 STEPS OF OA**?"

5. "Will someone please read the **TRADITION OF THE MONTH**?"

6. "Will someone please read **THE HOW CONCEPT**?"

7. The "**We Care Book**" is now the Chat on Zoom. You can place your name and phone number in the Chat area so that anyone may take names and telephone numbers to use for In-reach and Outreach calls/texts.

8. "The **OA Tools of Recovery** helps us to work the Steps and refrain from compulsive overeating. If you have less than 30 days abstinence, we suggest you read the tool (see handouts) and not share on the tool. If you have 30 days of abstinence or more, you may share on the tool.

1. "The first tool is a **PLAN OF EATING**"

2. "The next tool is **SPONSORSHIP**"

STOP: After the share, "Will all sponsors "raise your hand" and when called on please give your name, back to back abstinence, weight loss and availability.

3. "**TELEPHONE**"

4. "**SERVICE**"

STOP: After the share: "Will ONLY members who hold service positions for THIS WED MORNING HOW MEETING please "raise your hand" and announce your service position."

5. "**ANONYMITY**"

6. "**READINGS AND WRITINGS**"

7. "**ACTION PLAN**"

8. "The last tool is the one we are working now: **MEETINGS**"

9. "Are there any tokens or step ups?"

10. " This is the point in the meeting when the secretary gives a report." Please *only* announce current and upcoming Special Events. More details can be found on our Intergroup website at www.njioa.org.

11. "Does anyone else have any OA related announcements?"

12. "Is there anyone visiting us for the first time? Would you please tell us your name and the town you are from?" Welcome them! (Newcomer Information is located at www.njioa.org.) We are happy to stick around after the meeting and we can answer questions you may have about OA.

13. "According to our 7th Tradition, we are self-supporting through our own contributions" World Service suggests a \$5.00 donation per meeting, but please only give what you can. We use the money to pay for the zoom platform, to buy tokens, to buy literature, to send correspondence to members and to support our Intergroup. You may temporarily send 7th tradition via electronic transfer through Venmo or Zelle. If you want to give electronically, please call Barbara M at 201-780-5837. To send a check, please call Fran at 973-868-0538 to get the mailing address.

The Treasurer will give a report on the last Wednesday of each Month to the group.

14. "Please mute your audio"

15. "This is a speaker/topic meeting. The speaker will qualify for 10-15 minutes on what they were like, what happened to them, and what they are like now." Then speaker will then choose a topic for Open Sharing.

16. After the Qualification: "We now open the floor to **(2 or 3)** minute shares for the remainder of the meeting. Please remember that feedback, crosstalk, and advice giving are discouraged here. Crosstalk 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.

17. Will someone please be our timekeeper?

18. "In closing, let me say the opinions expressed here today are those of individual members, and not necessarily of OA as a whole. Thank you for allowing me to be your leader."

19. "After a moment of silence, will all who wish to, please unmute and join in saying the Serenity Prayer."

BY LAWS

1. No smoking
2. The meeting follows the H.O.W. format (Old Westminster Format of Steps, Tradition and Tools).
3. The meeting will have a speaker on most nights and, when unavailable, a topic for discussion. Speakers must be sponsors and have a current clean abstinence of at least 90 days.
4. This is a positive, upbeat meeting where we all come to learn how to recover. We suggest that pitches also be positive and upbeat and project recovery.
5. Sponsors at this meeting must have 90 days abstinence plus completion of 90 days of writings under a qualified sponsor's supervision.
6. These are to be considered closed meetings, open only to those looking for recovery from compulsive overeating. One meeting per month (the last Monday of the month) will be considered an open meeting, allowing any person interested in hearing and attending an OA meeting to come with a family member or friend.
7. Neither this group, nor any OA group, can endorse food plans. We are not a diet club. If you see something you like or want to achieve for yourself, ask a sponsor how they got it. We can only advise what works for each one of us on an individual basis.

The Twelve Steps of Overeaters Anonymous

1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
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.
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.

The Twelve Traditions of Overeaters Anonymous

1. Our common welfare should come first; personal recovery depends upon OA unity.
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.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
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.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
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.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

H.O.W. CONCEPT

The Overeaters Anonymous HOW meetings have been formed to offer the compulsive overeater, who accepts the Twelve Steps and Twelve Traditions as a program of recovery, a disciplined and structured approach. Our HOW-OA meetings were formed in the belief that our disease is absolute, and therefore only absolute acceptance of the OA program will offer any sustained abstinence to those of us whose compulsion has reached a critical level.

Our meetings are dedicated to the conception of remaining honest, open-minded, and willing to listen. This is the H.O.W. of the program. We pray that the collective group conscience and love that these ideals offer us will promote a strong sense of security that will enable us to experience a new unity and wholeness with all those around us. And, that the H.O.W. ideal will help us to progress in our program of recovery on a daily basis.

To be certain, much of our strength is found in the structure of meetings and in the daily adherence to the program as it is written in our literature.

We also firmly understand that after our recovery has begun through abstinence and the taking of the first three steps, our further surrender to the additional steps of recovery offers us a promise of happiness, contentment, and achievement in all areas of our lives.

We ensure our continued and sustained abstinence from compulsive overeating by being forever aware that God is doing for us what we have never been able to do for ourselves.

Plan of Eating

A plan of eating helps us abstain from compulsive eating and food behaviors, guides us our dietary decisions, and defines what, when, how where and why to eat. OA does not require a specific plan of eating and does not endorse or recommend any plan. Many of us find it essential to take guidance from our sponsors in developing a plan of eating that requires an honest desire to achieve and maintain abstinence.

Sponsorship

As stated in Tradition 5, carrying the message of recovery is OA's primary purpose. A sponsor is an OA member who shares this message - and her or his own program of recovery - on an ongoing, individual basis with another member often called a sponsee.

Sponsors are OA members who are living the 12 Steps and 12 Traditions to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence.

We ask a sponsor to help us through our program of recovery. By working with other members of OA and sharing their experience, strength and hope, sponsors continually renew and reaffirm their own recovery. Sponsors share their program up to the level of their own experience.

Styles of sponsorship vary from person to person. We are each free to approach it in our own way.

Ours is a program of attraction; find a sponsor who has what you want, and ask that person how he or she is achieving it. A member may work with more than one sponsor and may change sponsors at will.

Telephone Calls

Many members call, text, or email their sponsors and other OA members daily. Telephone or electronic contact provides an immediate outlet for those hard-to-handle highs and lows we may experience.

The "We-Care" book is passed around in this meeting to maintain a list of members' numbers willing to receive outreach calls.

Service

Any form of service, no matter how small, that helps reach a fellow sufferer adds to the quality of our own recovery.

Members who are new to OA can give service by getting to meetings, putting away chairs or literature, talking to newcomers, and doing whatever needs to be done for the group.

Members who meet the abstinent requirements can give service beyond the group level in such activities as intergroup rep, region rep or conference delegate. Sponsoring is a service. There are many ways to give back what we have generously been given.

Anonymity

Anonymity is the spiritual foundation of our program. If we are to recover, we must feel free to say what is in our minds and hearts; therefore, we must protect member's identities. To this end, remember that we can carry the message, not the messenger. Remember, who you see here, what they say here, when you leave here, let it stay here.

Readings and Writings

We read OA approved books pamphlets, and Lifeline Magazine. Because I program is based on Alcoholics Anonymous, we include AA literature, as well. Reading and implementing program - approved literature strengthens our understanding of the program of recovery.

Putting our thoughts down on paper helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them. Many of us begin using this tool by writing our food plan, writing our action plan or writing what we think after reading approved literature. Later on, writing becomes the irreplaceable method by which we work the 12 steps.

Plan of Action

An action plan is the process of identifying and implementing attainable actions that are necessary to support our individual abstinence. Just like our plan of eating, it may vary widely among members and may need to be adjusted to bring structure, balance, and manageability into our lives.

Meetings

Meetings give us an opportunity to identify our common problem, confirm our common solution through the Twelve Steps, and share the gifts we receive through this program. There are many different face-to-face meeting formats, as well as telephone and online meetings. For the newcomer, it is suggested to give OA a chance by attending at least six meetings so we may hear the message we need.

Remember, we are all in this together.