

Tuesday 10:30am Secaucus OA Steps & Traditions Study Meeting Format

1. Welcome to the Tuesday, 10:30am Steps & Traditions Study Meeting of OA. My name is _____. I am a compulsive overeater and your leader for this meeting. Are there any other compulsive overeaters here besides myself?

Please mute your devices at this time.

2. **We will now light a candle. We light this candle for those who are sick and suffering both inside and outside of the rooms so that they may see the light. We will now have a one-minute Meditation. Will someone be our timekeeper?**

3. After the meditation, please lead us in the Serenity Prayer)

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.

4. **Can someone please read the *OA Preamble? (2nd Page, OA 12 & 12)**

Can someone please read Our Invitation to You?

Can someone please read the *12 Steps? (Page 169, OA 12 & 12).

Can someone please read the *Tradition of the Month? (Page 170, OA 12 & 12)

Can someone please read the *Tools? An explanation of the Tools can be found on OA.org

Can someone please read the *9th Step Promises? (Pages 83 & 84 of the AA Big Book)

5. Whatever problem you may have with food, you are welcome at this meeting. Is there anyone here for the first time or new to OA? Is there anyone here from out of town? Is there anyone counting days? Is there anyone celebrating an anniversary this month?

6. **We encourage you to:**

- 1) **Get a sponsor to help guide your recovery**
- 2) **Develop a plan of eating and if you wish, write it down and report it daily to your sponsor**
- 3) **Read OA approved literature to develop a working knowledge of the 12 Steps and 12 Traditions.**

7. Will all those who qualify to sponsor please tell us your name, your length of abstinence and if you wish to tell us, our weight loss. Please leave your phone number and best time to contact you in the chat.
8. Please make your 7th Tradition contribution directly to NJIOA.org on behalf of our meeting.
9. Are there any OA related announcements?
10. The format of this meeting is we are going to read where we left off in the OA 12 & 12 or the AA 12 & 12 from last week. Today we are starting on Page _____ Chapter ____ .
On the last Tuesday of the month, we are going to read and discuss the Tradition of the Month in whichever book we are reading at the time. We will all take turns reading the chapter until it's completed. Then we will open up the meeting to sharing on what was read. Each share will be no more than 3 minutes. When you want to share please go to the participants button and "raise your hand" and when finished, "lower your hand."

Will someone be our timekeeper?

11. Now is the time we start our Step/ Tradition reading. Can someone volunteer to read?

At 11:27 am we begin to close the meeting.

12. In conclusion, we would like to stress the importance of anonymity - what you see here, what you hear here, when you leave here, let it stay here. HERE! HERE!

13. After a Moment of Silence, Please join me with Roseanne's Promise.

(revised 6-3-25)



OA 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.

Overeaters Anonymous, Inc.

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Our Invitation to You

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We of Overeaters Anonymous have made a discovery. At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health and self-confidence, which some of us had once possessed, were no defense against it.

We have learned that the reasons for the illness are unimportant. What deserves the attention of the still-suffering compulsive overeater is this: there is a proven, workable method by which we can arrest our illness.

The OA recovery program is patterned after that of Alcoholics Anonymous. As our personal stories attest, the Twelve-Step program of recovery works as well for compulsive overeaters as it does for alcoholics.

Can we guarantee you this recovery? The answer is up to you. If you will honestly face the truth about yourself and the illness; if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life, and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover.

To remedy the emotional, physical and spiritual illness of compulsive eating we offer several suggestions, but keep in mind that the basis of the program is spiritual, as evidenced by the Twelve Steps.

We are not a "diet" club. We do not endorse any particular plan of eating. In OA, abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Once we become abstinent, the preoccupation with food diminishes and in many cases leaves us entirely. We then find that, to deal with our inner turmoil, we have to have a new way of thinking, of acting or rather than reacting to it — in essence, a new way of living. 

From this vantage point, we begin the Twelve Step program of recovery, moving beyond the food and the emotional havoc to a fuller living experience. As a result of practicing the Steps, the symptoms of compulsive eating and compulsive food behaviors are removed on a daily basis, achieved through the process of surrendering to something greater than ourselves; the more total our surrender, the more fully realized our freedom from food obsession.

Here are the Steps as adapted for 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.

“But I’m too weak. I’ll never make it!” Don’t worry, we have all thought and said the same thing. The amazing secret to the success of this program is just that: weakness. It is weakness, not strength, that binds us to each other and to a Higher Power and somehow gives us the ability to do what we cannot do alone.

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!

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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.
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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.

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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.

The 9 Tools of OA

1. A Plan of Eating

A plan of eating helps us abstain from compulsive eating. This tool helps us deal with the physical aspects of our disease and achieve physical recovery.

2. Sponsorship

We ask a sponsor to help us through our program of recovery on all three levels, physical, emotional, and spiritual.

3. Meetings

Meetings give us an opportunity to identify our common problems, confirm our common solution through the Twelve Steps, and share the gifts we receive through this program.

4. Telephone

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

5. Writing

Putting our thoughts and feelings 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.

6. Literature

We read OA approved books, pamphlets, and Lifeline Magazine. Reading literature daily reinforces how to live the Twelve Steps and Twelve Traditions.

7. Action Plan

An action plan is the process of identifying and implementing attainable actions that are necessary.

8. Anonymity

Anonymity guarantees we will place principles before personalities.

9. Service

Any form of service that helps reach a fellow sufferer adds to the quality of our own recovery.

The 9th Step Promises
pages 83 & 84 of the Big Book

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us-sometimes quickly, sometimes slowly. They will always materialize if we work for them.



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.

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