

OVEREATERS ANONYMOUS HOW MEETING

Meetings starts at 8:05 pm and ends at 9:00 pm
(format revised 9/22/21)

1. "Welcome to the Wednesday Evening HOW meeting of Overeater's Anonymous. My name is _____ and I am a compulsive overeater and your leader for this meeting."
2. "Are there any other compulsive overeaters here besides myself?"

"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."

ZOOM ETIQUETTE AS SUGGESTED BY WSO / NJIOA WEBSITE

"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 camera, and mute if you are taking a meal, need a personal break or other possible distraction."

"It is the Leader's responsibility to ask for "Service" if others are talking or are unmuted."

"It is suggested that each week's Leader arrive 5 minutes early to the meeting in order to "hand out" readings. Members can do service by arriving early as well to volunteer to read."

3. "Will someone please read the BY-LAWS?"
4. "Will someone please read the 12-STEPS OF OA?"
5. "Will someone please read the 12-TRADITIONS OF OA?"
6. "Will someone please read THE HOW CONCEPT?"
"In the absence of the "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" to your screen name so we may get to know you."

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

7. “The OA tools of recovery help us to work the Steps and refrain from compulsive overeating. I wish to ask 8 abstaining members of this fellowship, with 90 days of continuous abstinence, to briefly read and share on the 8 tools we use to work our program. If there are less than 8 abstinent members present, group conscience elects that those with less than 90 days may read a tool, but not share.”

1. “The first tool is a PLAN OF EATING”

“The next tool is SPONSORSHIP”

STOP: “Will all Sponsors (HOW and non-HOW), 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, weight-loss, and length of abstinence loudly and clearly so all may hear your recovery.”

(Leader: after all names are called, ask if anyone is on the phone or was missed)

2. “TELEPHONE”

3. “SERVICE”

STOP After the share: “Will ONLY members who hold service positions for THIS WED NIGHT HOW MEETING please raise your hand and when called on announce your position.”

4. “ANONYMITY”

5. “READINGS and WRITINGS.”

6. “ACTION PLAN”

7. “The last tool is the one we are working now: MEETINGS”

8. “Are there any tokens or step ups?”

9. “This is the point in the meeting when the secretary gives their report” “Please only announce current and upcoming Special Events. More details can be found on our Website at NJIOA.ORG.”

10. “Does anyone else have any announcements?”

11. "Is there anyone visiting us for the first time? Would you please tell us your name and the town you are from?" Welcome them!

12. "According to our 7th tradition, we are self-supporting through our own contributions. This is a voluntary contribution. World Service suggests a \$5.00 donation, but please only give what you can. While we are virtual, donations can be made to the meeting Treasurer or directly to our Intergroup. Please see NJIOA.COM for the Post Office box address or Zelle and Venmo instructions."

13. "Please treat this as you would an in-person meeting"

(****HOW abstinent leaders please read this paragraph.
Non-HOW leaders please skip this paragraph****)

14a "This is a speaker/topic meeting. A HOW speaker will qualify for 10 to 15 minutes on what they were like, what happened to them, and what they are like now." When a HOW speaker is unavailable, the Group elects that a person with less than 90 days may lead this meeting as a Topic meeting, but not qualify.

(Leader now qualifies for 10-15 minutes)

(**NON-HOW speakers please read this paragraph instead:**)

14b. "When a HOW speaker is unavailable to lead this meeting, the Group elects that a person with less than 90 days may lead this meeting as a Topic meeting, but not qualify. So tonight we will have a topic and discussion."

(Leader may now pick a topic and share on that topic for 3 minutes.
Or Leader may ask the group to suggest up to 3 topics for discussion).

After the Leader shares:

15. "We now open the floor to 2 minute shares for the remainder of the meeting. Will someone please be our time-keeper?"

16. "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."

17. "Will all who wish to, please join me in the Serenity Prayer."