

BY LAWS

1. This meeting follows the H.O.W. format (Old Westminster Format of Steps, Tradition and Tools).
2. The meeting will have a Speaker on most nights, and when unavailable, a topic for discussion. Speakers must be HOW sponsors and have a current clean abstinence of at least 90 days.
3. 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.
4. Sponsors at this meeting must have 90 days of abstinence plus completion of 90 days of writings under a qualified sponsor's supervision.
5. These are to be considered closed meetings, open only to those looking for recovery from compulsive overeating. One meeting per month (the last Friday 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.
6. 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 HOW CONCEPT

The Overeaters Anonymous HOW meeting has been formed to offer the compulsive eater, who accepts the 12 steps and 12 traditions as a program of recovery, a disciplined and structured approach. The OA/HOW group is 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.

Therefore, the HOW plan of eating, steps, traditions, and tools of recovery are not suggested. Rather, we accept them as requirements for our recovery.

Our meetings are dedicated to the concept of remaining honest, open-minded, and willing to listen...this is the **HOW** 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 HOW 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.

The Friday night HOW meeting also firmly understands that after our recovery has begun through abstinence and the taking of the first 3 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 eating by being forever aware that God is doing for us what we have never been able to do for ourselves.

May God, as each of us understands Him, open our minds and hearts to the love which is manifest in this room. Amen.

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.