

Overeaters Anonymous HOW BB Meeting Monday 11:00AM ET Leader Script

Meeting begins promptly at 11:00am and ends at 12 noon.

1. Welcome to the Monday morning HOW Big Book 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 other compulsive overeaters here beside myself?

3. Will those who wish please join me in the Serenity Prayer.

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

4. 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. If there are any OA members here for the first time, please stay after the meeting. We will stay on and be happy to talk with 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 from the Big Book
11. Will someone please read Chapter 5 "How it Works" from the Big Book?
12. Will someone please read The 12 Steps of OA and the Tradition of the month?

13. 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.

(Put 7th tradition information in the chat and link to NJIOA.org to see upcoming events).

14. Now I wish to ask abstaining HOW sponsors to briefly speak about how we use the tools of our program and how each tool helped you this week.

A. The first tool is a PLAN OF EATING.

B. The next tool is SPONSORSHIP.

After the share: “Please raise your hand if you are an available sponsor.”

C. The next tool is TELEPHONE.

D. The next tool is SERVICE.

After the share: “If you give service, please raise your hand.”

E. The next tool is ANONYMITY.

F. The next tool is READING and WRITING

G. The next tool is ACTION PLAN

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

15. Now, we begin our Big Book reading and sharing.
Please read a few paragraphs and then we will
begin the sharing.

Please be respectful of your time.

This week we pick up on page _____.

16. At 11:57am, the Leader says: can everyone please
help us note where we should start next week?

In closing, let me say the opinions expressed here this
morning by those who shared are our own and not
necessarily those of OA as a whole.

17. As a reminder, some of us will stay after the meeting
if you have any questions.

18. At the Monday morning 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 Serenity prayer.

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

Updated 12/14/2025

Updated 12/22/2025

Updated 1/17/2026