



Newcomer Meeting Format

THURSDAY NIGHT RENEGADES

Meeting Preparations

Ask for the following:

1. Who would like to read the steps?
2. Who would like to read the traditions?
3. Are there any newcomers attending their first OA Meeting?
 - a. If no – Follow The Regular Meeting Format
 - b. If yes – Follow The Newcomer Meeting Format

Revised July 3, 2022

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Open the Meeting

Hello everyone. Welcome to the Thursday night Renegades Overeaters Anonymous meeting. My name is ____, I'm a compulsive eater, and your chair for today. Would you please join me in the Serenity Prayer?

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.

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living the Overeaters Anonymous Twelve Step program.

Welcome the Newcomer

Welcome, _____. We're always excited to have newcomers join us. During regular meetings, we usually read and share about program literature. However, newcomers are very important in OA, and so we're going to take some time to help you to figure out if you belong here.

Our Invitation to You

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.

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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 on life 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.

Up to 15 Minutes for 3-4 members to share their stories.

I’m now going to invite a few members who have experienced recovery from compulsive eating to share their stories. They’re going to tell us what they were like before, what they did, and what they’re like now. Each person will take up to 4 minutes. Who would like to start?

Chair to watch the time. At the 15 minute mark close the member stories.

Thanks to those who shared their stories. We hope that this can help you figure out if OA is right for you. Is there anyone who’s able to stay and chat with ___ after the meeting, to continue the conversation?

Regular Meeting Format

Who will read the 12 Steps?

Who will read the 12 Traditions?

The **Seventh Tradition** says that we are self- supporting through our own contributions. Our group pays for the rent, literature, and our online meeting platform, and supports the Intergroup, the Region, and World Service Office. Please give as if your life depends on it. The WSO suggested contribution is \$5, but please give what you can. Contributions can be sent to our treasurer Jeannine. Can she (or designate someone else) put her email address in the chat? It’s js209@my_ .net. Newcomers are asked not to donate today. We suggest that you consider purchasing OA literature instead.

Are there any announcements? We ask that you keep them short. Please save questions or business for after the meeting or for a business meeting.

Today’s Meeting Topic

This group has decided that throughout the course of our meeting we will keep all comments confined to the material being studied. It’s more appropriate to discuss personal problems one on one outside of the meeting. For those newer to OA, please feel free to share on your understanding or possible fears related to the topic.

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Tonight, we are reading _____ (book/page number/topic). I will then share about it, and everyone will have an opportunity to do the same. Let's remember to share a message of strength and hope and to keep our shares to about 2-3 minutes so everyone has a chance to contribute.

At OA meetings, we only share when it is our turn and do not encourage advice giving in a meeting.

After shares are done:

- you can do another reading if time permits,
- open the table up to other sharing about program,
- or prepare to close

Next week's chair and host

Chairing a meeting is an opportunity to get more connected with the fellowship and learn more about the program. We do not have an abstinence requirement to lead a meeting, and more experienced members will be happy to support if it's your first time. **Who would like to chair next weeks' meeting?**

Hosting is an opportunity to sharpen your technology skills. All you have to do is let people into the Zoom meeting and assign them a number. One of our tech savvy members will be happy to co-host with you.

Who would like to host next week?

Contacting others during the week helps us break the cycle of isolation in which many of us find ourselves. Please consider reaching out to others. We have a contact list which we update regularly. If you're new to our meeting, if your contact information has changed recently, or if you haven't received the contact list in a while, please consider sharing your email address and phone number in the chat so that we can add you to the list. It is only be used for OA purposes. Remember that you will only receive the contact list if you share your email address. *(If Jeannine isn't in attendance, please designate someone to record their name & contact info & to share it with Jeannine.)*

We would like to give the newcomer a "Newcomer Package".

If they are in person, ask if someone gave it to them.

If they are online ask if they would like to put their mailing address in the chat.

Please have someone share this info with Jeannine if she is not at the meeting.

Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the Twelve Steps and Twelve Traditions to the best of their ability. Sponsors share their program up to the level of their experience, and they strengthen their recovery through this service to others. To find a sponsor, look for someone who has what you want and ask how he or she is achieving it. Will all abstinent sponsors please identify themselves and share the platforms they can be reached on?

In closing, the opinions expressed here were strictly those of the person who gave them; take what you like and leave the rest. The things you heard were spoken in confidence and should be treated as confidential. Keep them within your heart and mind. Sharing experience, strength and hope helps in our recovery.

Let's have a moment of silence for the still suffering compulsive eater and then say _____ Prayer followed by the Responsibility Pledge. *(Options: Serenity Prayer, Step 3, Step 7, OA Promise, or Prayer of St. Francis*