



Regular 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 August 24, 2024

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?

OA Preamble and Definition of Abstinence

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.

Let's start by introducing ourselves. We'll do so according to the numbers which appear with our names. Many of us add a phrase like "I'm a compulsive eater," but no one has to.

Introduce yourself and then go in numerical order.

You may need to prompt people with their number.

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Please read the 12 Steps.

Please read the 12 Traditions.

The **Seventh Tradition** says that we are self-supporting through our own contributions. Our group pays for 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 Lynn H. Can she (or designate someone else) put her email address in the chat?

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.

Refer to the Meeting Schedule for tonight's 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.

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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.

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 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. More experienced members will be happy to support if it's your first time. Next week's meeting is on _____. **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 give them a number. 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 being 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.)*

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? Please qualify by sharing where you are in the steps, length of abstinence and the platforms you 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 the _____ Prayer followed by the Responsibility Pledge.