

Suggested Telephone Meeting Format

We have found that consistent use of this format keeps meetings focused on OA recovery, reinforces our program and encourages unity. It also provides a reassuring feeling of continuity—an important factor in membership retention. Each group may modify this format to better suit its needs.

Important Information About the Meeting:

Phone Bridge Number _____
Access Code/Pin _____#
Moderator Code _____#

Note: Please call in **5-10** later than 10 minutes before the meeting starts. There are times when you may have trouble getting on. Earlier is better.

When you call in as moderator you may be muted. Check with the conference line host for options.

1.

WELCOME

"Welcome to the _____ phone meeting of Overeaters Anonymous. My name is _____, I am a compulsive eater and your moderator for this meeting."

2.

SERENITY PRAYER

"After a moment of silence, with all those who wish, please join me in the Serenity Prayer by pressing *_____. (usually *1 or *6) to commit."

Note to Moderator: Please pause for 10 to 15 seconds to give callers a chance to commit themselves.

"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."

"I will now mute the line." / "_____ Check with the conference host to see how this is done." / "To commit, please press *_____. After sharing please remember to press *_____ to mute. This allows us to have a quiet meeting."

3.

DIVERSITY POLICY

"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.

"We encourage you to:

- get a sponsor to help guide your recovery;
- develop a plan of eating and if you wish, write it down and repeat daily to your sponsor; and
- read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions."

Oa Suggested Meeting Format

Lingsheng Yao



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