The H.O.W. Concept

The Overeaters Anonymous H.O.W. meetings have been formed to offer the compulsive eater, who accepts the Twelve Steps and Twelve Traditions as a program of recovery, a disciplined and structured approach. The O.A./H.O.W. groups are formed in the belief that our disease is absolute, and that only absolute acceptance of the O.A. program will offer any sustained abstinence to those of us whose compulsion has reached a critical level. Therefore, we accept the seven tools of program and the Twelve Steps and the Twelve Traditions as necessary for our recovery.

Our meetings are dedicated to the concept of remaining honest, open-minded and willing to listen. This is the H.O.W. 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 H.O.W. ideals 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 evening meeting also firmly understands that, after our recovery has begun through abstinence and the taking of the first three steps, our further surrender to the additional steps of recovery (SEE OVER)

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 understand Him, open our minds and our hearts to the love which is manifest in this room.
Amen.

(Updated 2-10-2020)