The Only Requirement

Overeater's Anonymous respects the autonomy of each O.A. group. We do suggest, however, that any group that has requirements in addition to the suggested twelve steps and twelve traditions inform its members that these requirements are what that particular group has found effective in working the program and do not represent O.A. as a whole.

The members of this group have found the H.O.W. concept to be effective in working the O.A. program. The opinions expressed here tonight by those who share, are their own and not necessarily those of O.A. The Board of Trustees states: "We understand the third tradition to mean that individual ways of working one's program should not exclude any compulsive eater from attendance and participation at O.A. meetings anywhere, anytime."

"The only requirement for membership is the desire to stop eating compulsively. Anyone who says (he or she) is a member, is a member. We of Overeaters Anonymous welcome all members with open arms."

(Updated 2-10-2020)