

Zoom Meeting Format and Leader's Guide
for the
Overeaters Anonymous HOW Meeting
Honest-Open-Willing

Friday Evening 6:30 – 8:30 pm Central
St. Paul, Minnesota

- 1) Good evening! Welcome to the Friday evening HOW Meeting of Overeaters Anonymous. My name is _____. I am a compulsive overeater and your trusted servant for this meeting.
- 2) To open the meeting, let us have a moment of quiet meditation followed by the Serenity Prayer. Please unmute your microphone and pray with me:
“God, grant me the Serenity to accept the things I cannot change, Courage to change the things I can, and the Wisdom to know the difference. Thy will, not mine, be done. Amen.”
- 3) I assume that I am not alone this evening, but for the record, are there any compulsive overeaters at this meeting other than me?
- 4) At this time, please mute yourselves. We invite you to keep your video on if you feel comfortable doing so. It is recommended to change the setting on your Zoom view to ***Speaker***, which you can find in the upper right hand of the screen.
- 5) Instead of our “We Care Book”, please use the CHAT window to share your first name, phone number, email address, times to call and if you are new or are a Sponsor. This is our way of sharing our contact information with group members. Please use the CHAT feature to find and write down names and numbers of people you would like to contact. Indicate in the chat if you would like to have a copy of the sponsor list emailed to you.
- 6) Overeaters Anonymous is a fellowship of individuals who, through shared experience and mutual support, 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 overeating and to carry this message of recovery to those who still suffer.

- 7) Would _____ please read **What is HOW?**
- 8) Would _____ please read **The Only Requirement?**
- 9) Would _____ please read **The HOW Concept?**
- 10) In deference to the Alcoholics Anonymous (AA) General Service Office's wishes that OA not modify AA literature, this meeting reads passages exactly as written in AA literature. Feel free to privately substitute the words *food* and *compulsive overeater* for the words *alcohol* and *alcoholic*.
- 11) Would _____ please read **Reflections for the Newcomer?**
- 12) Would _____ please read an excerpt from Chapter 2 of the book **The Twelve Steps and Twelve Traditions of Overeaters Anonymous?**
- 13) Would _____ please read **How It Works** from Chapter Five of the book Alcoholics Anonymous?
- 14) Would _____ please read **The Twelve Steps of OA?**
- 15) Would _____ please read **The Twelve Traditions of OA?**
- 16) The Tools of Recovery:

The Twelve Steps of OA are a program of recovery. Webster's Dictionary defines the word *tool* as: "...any person or thing used to get something done". We have many tools of the program that help us recover on a daily basis. Tools are essential to get the job done and they work for us. In order for a tool to work, it must be used. So, too, with our tools of recovery. The OA-HOW sponsors who signed up before the meeting will explain their use of a particular tool. There is a limit of three minutes for each tool pitch.

The timekeeper _____ will use the CHAT window to let people know their time remaining. If you would prefer to have a verbal prompt or would rather monitor your own time, please let the timekeeper know.

- a) Would _____ please read and pitch on **Abstinence/Plan of Eating**
- b) Would _____ please read and pitch on **Sponsorship**

Note: After the sponsor's pitch, the trusted servant continues:

It is now time for our Sponsor Line. Sponsors, please make sure you are unmuted and at your computer. Please mute yourself after your share.

Please include the following:

1. How long in OA and HOW
2. Your back-to-back abstinence date
3. How much weight lost or gained

If you have an opening for a sponsee, please say so and include your phone number. No need to state if you do not have an opening.

(Note: Typically, the leader will invite the person who pitched on sponsorship to introduce themselves first and the leader will introduce themselves last.)

Leader: After sponsor line, read Clay Feet.

CLAY FEET

We should remember that all OAs have clay feet. We should not set any member on a pedestal and mark her or him out as a perfect OA. It is not fair to the person to be singled out in this fashion and if the person is wise, he or she will not wish it. If the person we single out as a perfect OA has a fall, we are in danger of falling, too. Without exception, we are all only one bite away from a binge. Nobody is entirely safe. OA itself should be our ideal, not any particular member of OA.

- c) Would _____ please read and pitch on **Anonymity**
- d) Would _____ please read and pitch on **Telephone Calls**
- e) Would _____ please read and pitch on **Meetings**

f) Would _____ please read and pitch on **Literature and Writing**

g) Would _____ please read and pitch on **Service**

(After the pitch) Will all people doing service please applaud service!

17) Please remember to sign in on the Zoom Chat as our “We Care Book” and include your phone and/or email if you’d like to be contacted during the week.

18) The Friday Evening meeting is a friendly place. We want to get to know each other. If you are with us today for the first time ever, will you please unmute yourself and introduce yourself by first name only?

If there is a newcomer: “Thank you for being here! We would love for you to share your name, phone number, time zone, and the best time to reach you.

Are there any newcomers this evening? Please stick around after the meeting and our newcomer greeter will introduce him/herself to you and answer any questions that you might have. Our newcomer greeter for this evening, _____, will now share their phone number.

19) As you have heard, our Seventh Tradition tells us we must be fully self-supporting through our own contributions. The money collected is used to support this meeting as well as other meetings and levels of the OA organization, to help spread the message that there is recovery from compulsive overeating. You may contribute online at paypal.me/stpaulfridayoahow. There is a link in the Sign Up Genius). If you would like to mail a check, please contact our treasurer by email at stpaulfridayoahow@gmail.com for details. Our treasurer’s report will be sent monthly to our email listserv.

20) Are there any announcements (please only meeting-related announcements).

21) Until in-person meetings resume, literature and books are available online from Overeaters Anonymous at OA.ORG

22) It is now time for Medallions. In OA HOW we celebrate victories by acknowledging continuous freedom from compulsive overeating. These milestones are a sign recovery is possible. We invite you to come forward to claim your medallion.

- Today, is anyone celebrating an anniversary for two years or more of back-to-back abstinence?
- How about 18 Months? (Pause)
- 1 Year? (Pause)
- 9 Months? (Pause)
- 6 Months? (Pause)
- 90 Days? (Pause)
- 60 Days? (Pause)
- 30 Days? (Pause)

And now, for the most important medallion. The only requirement for membership in OA is a desire to stop compulsive overeating. The chip of desire medallion simply acknowledges you have a desire to stop compulsive overeating. This chip of desire medallion can be your reminder of hope. Would anyone like a chip of desire medallion?

If you would like a medallion sent to you, please share your name and phone number and our medallion volunteer will call you this week to get your address and mail you a medallion.

- 23) Step-Ups: At this point in our meeting, we ask the group to join us as we celebrate another example of the miracles that abound in OA. The stepping-up portion of the meeting asks a sponsor to introduce a newcomer who has at least 70 days of continuous back-to-back abstinence, who has completed the first three steps of the program and is now ready to become a sponsor. Are there any step-ups?

a. If so, see instructions in the Step-Up Ceremony sheets.

b. If there is no step-up, continue reading:

At HOW in-person meetings, new sponsors are presented with a cactus to signify the tough love of the program, stick with the stickers, remember to drink water, and remember that we don't water down the program.

- 24) Anniversaries: Birthdays are celebrated for each year of continuous abstinence. Are there any anniversaries to celebrate this evening?

If yes, then the trusted servant reads the anniversary reading to the person who is celebrating.

“On behalf of the Friday Evening Meeting, we join you in celebrating your _____ years of beautiful back-to-back abstinence. Congratulations!”

- 25) The trusted servant now qualifies for up to 10 minutes. (*End promptly at 8 pm*).
- 26) I would now like to introduce our speaker _____, who qualifies for twenty minutes.
- 27) The floor is now open for three-minute pitches (sharing). In HOW meetings we share our experience, strength and hope at meetings. No one is prohibited from sharing, but we ask that you focus on the solution. All pitches should be of a positive nature in which you share your growth and recovery. All other issues can be worked out over the phone or after the meeting. In recognition of the reality that some people may need time to reflect and gather their thoughts, there may be periods of silence in between pitches. Would someone care to pitch? We have until 8:25 pm for pitches.
- 28) (*At 8:25 pm*) I want to thank you for allowing me to be your trusted servant for this meeting. I also thank all of those who participated, especially our speaker, _____, who offered so much of her/himself.
- 29) Would _____ please read **The Promises of the Program?**
- 30) Closing Statement: To those of you who are still new to the program, we remind you that all that was said here tonight should safely remain here, as we respect and cherish our tradition of anonymity. We also assure you that following the program will help you achieve a healthy weight. Abstinence will remove the craving. Our way of life will remove the compulsion in time and give you contentment and fullness in all areas. After a moment of meditation, please unmute your microphones and join me in saying The Serenity Prayer?
- 31) Let us have a moment of silence for those still suffering. (*Hold a moment of silence, then say The Serenity Prayer followed by an OA HOW cheer*):
“God, grant me the Serenity to accept the things I cannot change, Courage to change the things I can, and the Wisdom to know the difference. Thy will, not mine, be done.” Keep coming back. It works if you work it and give a lot of love!