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**Meeting Format and Leader's Guide**  
For the  
**Overeaters Anonymous HOW Meeting**  
*Honest-Open-Willing*

**Tuesday Morning 9:30-11:30**  
**Minneapolis, Minnesota**

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- 1) Good morning! Welcome to the Tuesday morning HOW Meeting of Overeaters Anonymous. My name is \_\_\_\_\_. I am a compulsive overeater and your leader for this meeting.
  - 2) To open the meeting, let us have a moment of quiet meditation followed by the Serenity Prayer: “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.”
  - 3) At this time please mute yourselves. You are welcome to keep your Video on. 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.
  - 4) I assume that I am not alone this morning, but for the record, are there any other compulsive overeaters at this meeting besides me?
  - 5) To sign the “We Care Book” please use the CHAT window. Feel free to list your first name, phone number, email address, times to call and if you are a Sponsor. This is our way of sharing our contact information with group members. The CHAT will be saved and sent out via email a day or so after the meeting.
  - 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 the person who signed up, please read “What is HOW?”
  - 8) Would the person who signed up, please read “The Only Requirement”?
  - 9) Would the person who signed up, please read “The HOW Concept”?

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- 10) Would the person who signed up, please read “Reflections for the Newcomer”?
- 11) Would the person who signed up, please read an excerpt from Step 2 in the book The Twelve Steps and Twelve Traditions of Overeaters Anonymous?
- 12) A word about our readings: OA is rooted in the wisdom of Alcoholics Anonymous (AA), and we share key readings from AA literature in our meeting. Because the AA General Services Office asks that OA not modify AA’s literature, we read all such excerpts as they are written in two books titled Alcoholics Anonymous and The Twelve Steps and Twelve Traditions of Alcoholics Anonymous. (You may hear these books referred to as “The Big Book” and “The 12 x 12”, respectively.) Please feel free to privately substitute the words “food” and “compulsive overeating” for “alcohol” and “alcoholism”.

With that in mind as we listen, would someone please read from Chapter 5 of the book Alcoholics Anonymous “How It Works”?

- 13) Would the person who signed up, please read the Overeaters Anonymous Twelve Steps of Recovery?
- 14) Would the person who signed up, please read the Twelve Traditions of the OA program?
- 15) The Tools of Recovery – The Twelve Steps of Overeaters Anonymous are a program of recovery. Webster’s Dictionary defines a “tool” as: “any person or thing used to get something done”. We have many tools of the program which 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 seven OA-HOW sponsors who signed up before the meeting will explain how they use a particular tool. (Limit of three minutes each tool.)

The timekeeper will use the CHAT window to let people know their time remaining.

- a) Plan of Eating

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b) Sponsorship

***Note: After the sponsor's pitch, the Leader continues:***

It is now time for our Sponsor Line. Sponsors please make sure you are un-muted and by your computer. Please use the RAISE HAND function found in PARTICIPANTS list. \*8 if you are on the phone, so I know you are a Sponsor. I will call on all the raised hands first, I will then open it up to anyone who can't raise their hands. Mute yourself after your share. Please include the following:

- i. How long in OA and HOW
- ii. How long abstinent in OA and HOW
- iii. How much weight lost or gained
- iv. If you have an opening for a sponsee
- v. Please note: This is not a time for sharing for sponsors. Please keep it brief, and no applauding between sponsors.

***Then 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, no matter how long we have been in OA. Nobody is entirely safe. OA should be our ideal, not any particular member of it.

c) Anonymity

d) Telephone Calls

e) Meetings

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f) Literature and Writing

g) Service

- 16) Will all people doing service please applaud service!
- 17) Please remember to sign in via CHAT as our “We Care Book.” A email will be sent out to all folks present. Remember to include your email.
- 18) The Tuesday Morning meeting is a friendly place. We want to get to know each other. If you are here with us today for the first time ever, will you please unmute yourself and introduce yourself by first name only? (*Group response: “Hi, \_\_\_\_\_, welcome! Keep Coming Back!”*)
- 19) As you have heard, our seventh tradition tells us that we must be fully self-supporting through our own contributions. OA World Service suggests a donation of \$3 if you are able. However, there is no requirement to give money in order to attend this meeting. The money collected is used to support our meeting, as well as other OA meetings and levels of the OA organization to help spread the message that there is recovery from compulsive overeating.

For the time being we are using PayPal to receive donations. The account is [oahowtuesdayam@gmail.com](mailto:oahowtuesdayam@gmail.com). If you have problems please contact the Treasurer \_Sandy J. \_\_\_\_\_.

### **The Promises of the Program**

We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word “serenity” and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will

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intuitively know how to handle situations, which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not! They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them. (Big Book, pages 83-84).

- 20) Are there any announcements?
- 21) Literature and books will not be available during this social distancing time.
- 22) It is now time for Medallions. At HOW we recognize milestones of recovery for those working the HOW program. All other OA abstinence is given a round of applause. If you would like to have a Medallion mailed to you please contact our Medallion person \_\_\_\_\_.
- 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?

*(1) If so, see instructions in the Step Up Ceremony sheets at Step Up Tab.*

*(2) If there is no step-up, continue reading:*

At HOW meetings, new sponsors will be presented with a cactus at a later date, 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 morning?

*\*\*If yes, follow these directions:*

*The leader invites the person who is celebrating an anniversary to unmute and turn on Video. The leader reads from the Anniversary Reading located*

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*in the back of this book.* “On behalf of the Tuesday Morning Meeting, I would like to present you with \_\_\_\_ digital roses to celebrate \_\_ years of beautiful back-to-back abstinence.”

- 25) The Leader will not take time now, to ensure we end on time and to maximize the time for pitches.
- 26) To minimize distraction for our speaker, please turn your video off and to confirm you are muted. I would like to introduce \_\_\_\_\_, our guest speaker, who qualifies for twenty minutes.
- 27) Contributions can now be made on-line via PayPal. Our account is oahowtuesdayam@gmail.com.
- 28) 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. Would someone care to pitch?
- 29) I want to thank you for allowing me to be your leader for this meeting. I also thank all of those who participated, especially our speaker, \_\_\_\_\_, who offered so much of her/himself.
- 30) May we have a reading of “Just for Today.”
- 31) Closing Statement: To those of you who are still new to the program, we remind you that all that was said here this morning should safely remain here, as we respect and cherish our tradition of anonymity. We also assure you that following the program will get your weight off. 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, will you please join me in saying The Serenity Prayer?