

No Newcomers Meeting Format Saturday 10:15am 4-8-21

[Only use this format if no newcomers are present or if they have been to more than three meetings.]

[Please start the meeting on time to be respectful of those who have arrived on time.]

[Note: Leader reads everything out loud except the notes in blue italics.]

1. Welcome to the Goshen Saturday 10:15 AM meeting of Overeaters Anonymous. My name is _____, I am a compulsive eater and your leader for this meeting. Please silence your phones at this time.
 2. Will those who wish, please join me in the Serenity Prayer: 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.
 3. Are there any compulsive eaters here beside myself?
 4. *[If visitors are present please read the following:]*
“If you are returning to OA or are visiting from another area, please tell us your first name so we can welcome you.” *[Welcome each person by name.]*
 5. a. *[Note: Have someone read The Twelve Steps.]*
b. *[Note: Have someone read The Twelve Traditions.]*
 6. *[Note: Read the following paragraph or have someone read the abridged version of the Tools of Recovery]*
The OA tools of recovery help us work the Steps and refrain from compulsive eating. The nine tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity and service.
 7. Sponsorship is one of our keys to success. Will all abstinent sponsors please identify themselves.
 8. According to our Seventh Tradition, we are self-supporting through our own contributions. We send quarterly contributions to our Intergroup, Region and the World Service Office to help carry the message to other compulsive overeaters. Give as if your life depends upon it!
- During this time of Covid-19 we suggest you send a check to our treasurer once a month with your 7th tradition contributions for the month. You can also make online donations to the group using a debit or credit card. Contact Kevin for instructions.
9. Are there any OA-related reports or announcements?
 10. If you have recently achieved a new period of continuous abstinence, refraining from compulsive eating, please let us know so we can celebrate with you.
 11. As you share your experience and strength in OA please also share your hope.
 12. **Feedback, cross talk and advice-giving are discouraged here.** Cross talk during an OA meeting is giving advice to others who have already shared, speaking directly to another person rather than to the group and questioning or interrupting the person sharing at the time. Audible comments while someone is sharing are also discouraged.
 13. *[Leader shares the topic. The topic on the first Saturday is the Step of the month and on the fourth Saturday is the Tradition of the month.]*
 14. **[CLOSING:]** The opinions expressed here today are those of individual OA members and do not represent OA as a whole. Please remember our commitment to honor each other’s anonymity. “What you hear here, whom you see here, when you leave here, let it stay here.” Let us all reach out by phone or email to newcomers, returning members and each other. Together we get better.

Thank you for allowing me to be your leader. After a moment of silence, will those of you who wish to please join us in _____ . **After the prayer remember to turn on your cell phones.**

[Closing of your choice. The 1993 Business Conference suggests that meetings be closed with: The Serenity Prayer, The Seventh-Step Prayer, The Third-Step Prayer, or the OA Promise "I Put My Hand in Yours."]