

**PHONE MEETING FORMAT**  
**10:00 AM Saturday Overeaters Anonymous**

**712-770-4010 then code 828 659 #**

**NOTES FOR THE LEADER:**

When you call in, the recording says *if you are the host enter your host # and please announce yourself*—you can just ignore both. If you are the first to call in, you'll hear hold music until the second person arrives. It's helpful to **write down names and number them** as people enter to keep track of who is present and who has already shared.

1. **Opening:** Welcome to this Saturday morning phone meeting of Overeaters Anonymous. My name is \_\_\_\_\_. I am a compulsive eater and your leader for this meeting. We begin this meeting at 10:00 and end at 11:00. We start to close at 10:50.
2. **Serenity Prayer:** Will you 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 the wisdom to know the difference.**
3. As we extend the heart and hand of the OA fellowship to those who still suffer, let us be mindful of **OA's Unity With Diversity Policy**, which respects our differences, yet unites us in the solution to our common problem. Whatever problem you have with food, you are welcome at this meeting, regardless of race, creed, nationality, gender identity, sexual orientation, or any other trait.
4. I'll now share the first **names** of people so we know who is at the meeting. (Read the list.) Has anyone else joined us? Is anyone here for their first OA meeting or their first OA meeting in a while?
5. **Read the Twelve Steps:** Would someone please read the twelve steps?
6. **Phone Meeting Business:** A few reminders about phone meeting etiquette.
  - a. Please try to arrive a few minutes early.
  - b. If there is noise at your location (traffic, kids, pets, washing machine) please press STAR 6 (\*6) to mute yourself. You can unmute yourself by pressing STAR 6 again.
  - c. Putting your phone on speaker can create a feedback echo. If possible, it's better to wear a headset or at least not use speaker phone.
  - d. When you call in you're asked to "please announce yourself." Instead, just wait for a break in the meeting to let us know you've joined.
  - e. Some carriers are blocking calls to Free Conference Call numbers like this one. If you know anyone who's had trouble connecting to this call, they can **text the words CALL ME** to the phone number. The system will call you back, and then you enter the passcode number.

7. **We Care List:** At the end of this meeting we'll stay on the line and share phone numbers, and I will call for someone to volunteer to do the service of leading the next phone meeting. So please keep in mind how you can help.

The OA 12 & 12 Book explains "The **seventh tradition** doesn't simply apply to financial support. In order to be fully self-supporting, groups and individuals need to take on their share of service work as well." Have you used the tool of Service today?

8. Are there any OA related **announcements**?
9. **Topic:** This meeting studies OA and AA literature based on the week of the month or by the suggestion of the weekly phone meeting leader. If a newcomer is present, we read Step 1 in the OA 12 & 12. Today we will: \_\_\_\_.

**Leader's Choice:**

**Week 1:** Read the Step of the Month in the OA 12 & 12

**Week 2:** Read the Tradition of the Month in the OA 12 & 12

**Week 3:** Read the Step of the Month in the AA 12 & 12

**Week 4:** Read the Abstinence-book of OA (see bookmark)

**Week 5:** Listen to an OA speaker share their story (qualify) or read from Overeaters Anonymous 3<sup>rd</sup> Edition (the brown book, see bookmark)

9. **IF READING:** Who would like to begin?

**IF SPEAKER:** Now \_\_\_\_\_ will share their OA story with us for 15 minutes, including what they were like, what happened, and what they are like now.

10. **BEFORE SHARING:** Thanks everyone for reading. Has anyone else joined the meeting? If so would you tell us your first name so we can welcome you?

There are [number] of people at the meeting today. Please limit your share to allow everyone to speak if they wish. This is a **no cross talk meeting**. Cross talk means referring to someone else's share, giving advice, or interrupting the person speaking. We as a group want to avoid making some members feel approved of and others not. Cross talk also negatively influences the direction of sharing and tends to get us talking about others' problems instead of our own.

The floor is now open for **sharing**.

11. **[At 10:50 or 10:55] Phone Meeting Closing:** Thanks everyone for sharing.

- a. We're looking for a **volunteer to lead** the next phone meeting; the leader arrives a little early and reads the format, just like at a face to face meeting and we can email this format to you. Is there a volunteer willing to lead this phone meeting the next time? (Thank them.)

- b. If anyone else would like us to email you the **meeting format or request phone numbers** please stay on the line after the call and share your email address with us.

**12. Closing:** By following the Twelve Steps, attending meetings regularly, and using the OA Tools, we are changing our lives. You will find hope and encouragement in Overeaters Anonymous. To the newcomer, we suggest attending at least 6 different meetings to learn the many ways OA can help.

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, let it stay here, when you leave here." [Hear, hear]

Let us all reach out by phone to newcomers, returning members, and each other.

After a moment of silence, please unmute your phone & join us in *The Serenity Prayer in the Plural*:

**God, grant us the serenity  
To accept the things we cannot change  
Courage to change the things we can  
And the wisdom to know the difference.**