



Suggested Young Person's Meeting Format

LEADER:

Welcome to the **Young Person's MEETING (title of your choice)** of Overeaters Anonymous. My name is _____. I'm a compulsive (over) eater and your leader for this meeting.

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.”

The focus of this meeting is on the experience, strength and hope young people find in Overeaters Anonymous. While anyone is welcome, **the emphasis is for those under 30, or those who were under 30 when they came to program.**

READINGS:

Who would like to read “What brought us here” and “Why we stay”?

Who would like to read the Twelve Steps of Overeaters Anonymous?

Are there any other compulsive (over) eaters here besides myself?

NEWCOMERS: If you are new, please introduce yourself by your first name only– not to embarrass you, but so that we may welcome you. [*Newcomers introduce themselves.*]

We encourage you to keep an open mind, attend several meetings, ask lots of questions and read our literature to learn the many ways OA can help you.

WELCOME BOOK: We are circulating the Welcome Book. Please feel free to write down your name and number and take the names and numbers of anyone you may want to reach out to.

TOOLS: The OA tools of recovery help us work the Steps and refrain from compulsive overeating. The nine tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity and service. For more information, read *The Tools of Recovery* pamphlet.

SPONSORSHIP: Sponsorship is an important part of our program of recovery. Sponsors are OA members committed to abstinence, and they guide us through the Twelve Steps by sharing their own experience, strength and hope. Would all abstinent sponsors please identify themselves, starting on my right?

SPEAKER FORMAT: *It is now time for me to share my experience, strength and hope for approximately ____ minutes.*

LITERATURE FORMAT: *To be determined by the meeting. While each meeting is autonomous, Overeaters Anonymous endorses only OA-approved literature, including Alcoholics Anonymous (the Big Book) and the AA Twelve Steps and Twelve Traditions. For a listing of all OA-approved literature, please see the OA-Approved Literature List posted on oa.org or your local intergroup or service board for assistance.*

SEVENTH TRADITION: According to our Seventh Tradition, we are self-supporting through our own contributions. We will now pass the Seventh-Tradition basket.

READING:

I have asked someone to read the Twelve Traditions of Overeaters Anonymous.

Now it is time for secretary's announcements. I'll turn the meeting over to our secretary.

AFTER SECRETARY'S ANNOUNCEMENTS: The meeting is now open for three-minute shares. Please respect the timer so that as many people as possible have a chance to share. There is no cross talk at this meeting. Cross talk is defined as commenting on another person's share with anything other than "thank you for your share." **Sharing ends at _____.** Who would like to begin sharing?

CONCLUSION: That is all the time we have for sharing. If you didn't get a chance to share but need to talk, please find one of us to talk to after the meeting. Remember that the opinions expressed here are those of individuals and not of 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."

CLOSING: Thank you for asking me to be your leader. After a moment of silence, will those of you who wish, please join us in _____ (*the Serenity Prayer, the Seventh-Step Prayer, the Third-Step Prayer, or the OA Promise "I Put My Hand in Yours."*?)

What brought us here?

OA is a worldwide Fellowship, open to all who have the desire to stop eating compulsively. Compulsive eating behaviors may include overeating, undereating, anorexia, bulimia, laxative or drug abuse, overexercising, or any combination of these actions. Some of these behaviors may have begun in early childhood, but we believe that compulsive eating is progressive and may become even more of a problem for us later on. It can have a dramatic effect on the daily lives, relationships, physical health and aspirations of young people in their teens, 20s or 30s.

Why we stay

You may feel that you are alone, struggling with feelings of powerlessness and shame over your compulsive eating, body image and weight. You may wonder if anyone else your age feels the way you do. We can tell you that many young people in OA have found recovery and freedom from the crippling effects of compulsive overeating. Members of all ages have discovered that the Twelve Steps of Overeaters Anonymous offer a common solution for all who wish to recover. You are not alone.

Twelve Steps of Overeaters Anonymous

1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

Twelve Traditions of Overeaters Anonymous

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

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