



Suggested *Lifeline* Meeting Format

1. “Welcome to the [day and time] _____ *Lifeline* discussion meeting of Overeaters Anonymous. My name is _____. I am a compulsive eater and the leader for this meeting.”

2-13. Refer to the [Suggested Meeting Format](#)¹ or use your group’s choice of opening remarks.

14. “*Lifeline* was OA’s worldwide magazine, published ten times a year. Now *Lifeline* is available online through content posted on lifeline.oa.org.”

“In this meeting, we read and discuss *Lifeline* content submitted by our fellow OA members. By publishing our stories in *Lifeline*, we carry the message far beyond the meeting level to compulsive eaters everywhere. Through *Lifeline*, we share our experience, strength, and hope with members who both can and cannot attend meetings; with those in remote areas, institutions, and other countries; and with those outside the Fellowship.”

“When we hold a *Lifeline* discussion meeting, we are, in a sense, meeting with OA members from around the world. We are able, through *Lifeline*, to bring fresh experiences and renewed strength and hope into our home meeting. We broaden the extent of our knowledge and caring within the Fellowship and gain new perspectives on our recovery.”

“Remember, *Lifeline* content submitted reflects the opinions of the author, and publication does not imply endorsement by either *Lifeline* or Overeaters Anonymous.”

Reading: Review lifeline.oa.org; books of collected *Lifeline* stories, such as *Taste of Lifeline* and *Lifeline Sampler*; and *Lifeline* magazine back issues. Choose articles and submissions that will provide good subjects for discussion.

Topic suggestions:

- Choose a topic that *Lifeline* has featured online and/or in print and read several articles on that topic. Prepare motivating questions about the topic.
- Pick a topic that has aroused interest recently in your group and locate articles from online and print *Lifeline*.
- Read and share on some of the back issue articles featured in “For Discussion and Journaling.”
- Allow time for members to write on a topic featured in *Lifeline* and ask for shares afterward.

15. Follow the “Suggested Guidelines for Sharing” in the *Suggested Meeting Format* or the sharing guidelines your group has chosen.

¹ The *Suggested Meeting Format* is available in the Document Library at oa.org.

Optional writing: Ask members to write on a topic of discussion from the previous session and sign their initials. Collect the writings and save them to read at a later meeting. This works best if the topic is not too broad. For example, instead of writing about relapse as a whole, write on how one prevents relapse every day.

Optional closing: Read something short and positive from *Lifeline*, such as a positive “Share It” letter from a back issue. Then take the opportunity to suggest that members make submissions to *Lifeline* by going to lifeline.oa.org.

Consideration: Check the availability of Wi-Fi at your meeting location, so that members may view submissions at lifeline.oa.org.

16. Follow the *Suggested Meeting Format* or use your group’s customary closing procedure.

OA Responsibility Pledge

Always to extend the hand and heart of OA
to all who share my compulsion;
for this I am responsible.

***Lifeline* and Lifeline.OA.org:**

OA’s worldwide content, filled with new perspectives on issues you face daily.

OA Board-approved.

Overeaters Anonymous®, Inc.

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