

## 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 six different meetings to learn the many ways OA can help you. 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 asking me to be your leader. After a moment of silence, will those of you who wish please join us in

\_\_\_\_\_." *(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.")*

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