

Sunday Evening Twelfth Step Within Meeting Format

Welcome to the Sunday Evening Twelfth Step Within meeting of Overeater's Anonymous. My name is _____ and I am your secretary for this evening. Will you please join me in The Serenity Prayer?

Will someone please read "Together We Can?"

Will someone please read "The Twelve Steps of O.A.?"

Will someone please read the long form of Tradition 3?

Will someone please read the first paragraph from "The Tools of Recovery" and share briefly on one tool?

Is there anyone new to O.A.? (If yes), would you like a Welcome Packet?

Is there anyone returning to O.A. who would like a Welcome Back packet?

Our phone list is now being circulated. We suggest that you take down numbers to call during the week.

We cannot work this program by ourselves. We have found it indispensable to call on the support of a sponsor. Find a sponsor who has what you want and ask them how they are achieving it.

This meeting does not have abstinence requirements for the speaker. Feel free to volunteer to speak. Please welcome _____ our speaker for this evening, who will share her/his experience, strength and hope about relapse and recovery for 15 minutes. (*Ask speaker how she/he would like to be timed*).
Would someone volunteer to be timekeeper?

According to our 7th Tradition, we are self-supporting through our own contributions. The suggested donation is \$3. Please donate only as much as you can afford.

Now is the time for open sharing. Please keep our common welfare in mind by refraining from "cross-talk." Shares are limited to 4 minutes and after everyone has shared who wishes to share, you can volunteer to share again. Does the speaker have a topic for us related to relapse and recovery?

5:22 Now is the time for announcements. At **5:25**, That's all the time we have for sharing this evening. (Thank you to the speaker _____ for sharing). The opinions expressed this evening are the opinions of individual members and do not represent OA as a whole. We hope that this meeting has given you renewed hope, love and acceptance. Please keep coming back no matter what!

****If it is the first Sunday of the month ask for a treasurer's report.**

*****If it is the first Sunday of the month ask if anyone has anything to bring to the business mtg. tonight.**

Will someone please read from our pamphlet, "Members in Relapse?"

Will someone please read the selection from As Bill Sees It?

Will those of you who wish, please join me in a minute of silence for the still suffering compulsive overeater in and out of these rooms. (secretary, time 1 minute)

Will all who wish to please stand and join me in the O.A. promise, "I Put My Hand in Yours?"