

Heart and Hand

MEETING FORMAT

1. **Welcome** to The Sunday evening De Moines Heart & Hand meeting of Overeaters Anonymous. My name is _____. I am a compulsive eater

2. Will those who wish, please join me in the **Serenity Prayer**.

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 may have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait. Are there any compulsive eaters here besides myself?

Is there anyone attending OA for their 1st, 2nd, or 3rd time? If so, please tell us your first name so we can welcome you.

Is there anyone at this meeting for their 1st time, or are visiting from out of town? If so, please tell us your first name so we can also welcome you.

"We encourage you to:

- get a sponsor to help guide your recovery
 - develop a plan of eating and, if you wish, write it down and report daily to your sponsor
- read OA-approved literature to develop a working knowledge of the 12 Steps and 12 Traditions."

4. OA Preamble:

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating.

We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer."

5. Ask someone to read **Our Invitation to You**

Ask someone to read the **Twelve Steps of Overeaters Anonymous**.

Ask someone to read the **Twelve Traditions of Overeaters Anonymous**.

6. **Abstinence** in OA is the action of refraining from compulsive eating and compulsive food behaviors while working toward or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living the OA Twelve Step program.