PROVINCETOWN
SUNDAY MORNING OA MEETING FORMAT
Updated November 2026

AT 9:20 AM BEFORE THE MEETING BEGINS:

Leader enters Zoom room in order to be present as other people enter the meeting.

Zoom details

Meeting ID: 859 2690 1030 Password: 518664

To join the audio by phone instead of computer:
+1 929 205 6099 US (New York)
Meeting ID: 980 432 111 Password: 518664

Before meeting starts:
1. Write down the names of members entering the meeting as they join.
2. Select people in advance to read:
   - Preamble
   - Our Invitation to You
   - The Twelve Steps
   - The Tools of the Day (varies by week)
   - The Promises or other 2 readings on the sheet

If this is the first Sunday of the month, the meeting ends 10 minutes early for the monthly business meeting.

9:30AM MEETING START:

Welcome to the Sunday morning meeting of Overeaters Anonymous. My name is _____ and I am today's meeting leader. This is a 60-minute meeting and it will end at 10:30 AM.

After a moment of silent meditation, will all who wish to, please join me in the Serenity Prayer.

God, grant me the Serenity to accept the things I cannot change, the Courage to change the things I can, And the Wisdom to know the difference.

We ask that all joining us today to take the responsibility to keep your audio muted at all times unless you are speaking. Please check it now. In addition, we ask that all refrain from using the emoji feature.

For those on the telephone, use *6 to mute and unmute. We encourage those on video to pause your video when moving around as it may be distracting to the meeting.

Please also be mindful of the anonymity of those at the meeting by ensuring that non-OA members do not have access to the faces and voices of those here.

Would someone please volunteer to read the **OA Preamble**?

This meeting has found the following disciplines to be effective:

1. All attending are welcome to share. The amount of time for each share will be determined after the reading/speaker. Shares will be at least 2 minutes with a pause at 10:15 am to allow for 'burning desires.'

   Would someone volunteer to be the timekeeper for this meeting?

2. The group conscience suggests that there be no crosstalk. Crosstalk is defined as giving advice to others who have already shared, speaking directly to another person instead of the group (except to briefly thank them for sharing), using emojis, and questioning or interrupting a person when they are speaking.

3. If you would like a copy of the format and readings so you can follow along and participate, you can download them from the Meetings page at capecodoa.org.

4. Today our meeting's format will include _____

   (If a Step or Tradition week) A reading from the book "The 12 Steps and 12 Traditions of OA" (purple cover)

   (If a story week) A story from the book "Overeater's Anonymous" (brown cover)

   (If a speaker week) A qualifying speaker (You can ask for a speaker volunteer now if you need one – 30 days abstinence needed – 15 minute qualification)

Introductions: I will call on people three at a time to unmute and introduce yourself by first name only and where you are from. If you are new to OA or visiting our meeting for the first, second or third time, please let us know so we can welcome you. *(Call on people 3 at a time)*

(If there are newcomers): We'll leave Zoom open for an additional 15 minutes after the meeting for those wishing to ask questions or talk further about OA and the recovery process. Would someone volunteer to remain after the meeting to speak with newcomers?

Would someone volunteer to read **Our Invitation to You**?

The Twelve Steps are the heart of the OA recovery program. They offer a new way of life that enables the compulsive eater to live without the need for excess food. The ideas expressed in the Twelve Steps, which originated in Alcoholics Anonymous, reflect practical experience and application of spiritual insights recorded by thinkers throughout the ages. Their greatest importance lies in the fact that they work!

Would someone volunteer to read the **12 Steps**?

The Twelve Traditions are to the group what the Twelve Steps are to the individual. They are suggested principles to ensure the survival and growth of the many groups that compose OA.

The tradition of the month is: *(leader reads the **Tradition of the Month**).*

Definition of Abstinence and Recovery:

Abstinence: the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

Recovery: removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve-step program.

Tools:

As we work the Overeaters Anonymous Twelve Step program of recovery from compulsive eating, we have a number of Tools to assist us.

We use these Tools – a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service – on a regular basis, to help us achieve and maintain abstinence and recovery from our disease.

Would someone volunteer to read this week's tools?

Week 1: Plan of Eating, Sponsorship, Meetings

Week 2: Telephone, Writing

Week 3: Literature, Action Plan

Week 4: Anonymity, Service

Week 5: (if needed) Read the tool of your choice

Does anyone want to share briefly on one of this week's tools or any tool that is helpful to them?

Sponsorship is a tool of this program and reminds us that we cannot do this alone.

If you are looking for a sponsor or if you are available to be a sponsor, even temporarily, please place any contact information you are comfortable with in the Chat. Be sure to identify if you are looking for a sponsor or if you are available to be a sponsor.

SPEAKER OR LITERATURE READING

We alternate weekly between having a qualifying speaker and reading from the books Twelve Steps and Twelve Traditions of Overeater's Anonymous (purple cover) and Overeater's Anonymous (brown cover). The cycle is Step, Speaker, Tradition and Story.

Sharing following the speaker or reading selection takes place after the Announcements.

(Note: see the OA Ptown Weekly Schedule document available on capecodoa.org for this week's format)

(For Reading Weeks (Step, Tradition, Story)

Each person reads 1-2 paragraphs until the end of Step, Tradition or Story. In order to facilitate the reading, if you have the book and want to read, please raise your virtual hand (found under Reactions), so I will know to call on you. *(Ask people to read specifying the names three at a time. Note: Step 4 is read over 2 weeks due to the length)*

(For Speaker Weeks)

Is someone who has 30 days of current abstinence willing to qualify? If you are a visitor with the abstinence requirement, we invite you to share your story with us. It is suggested that the speaker limit his/her talk to 15 minutes so that there will be time for others to share afterward. *(Speaker qualifies)*

7th Tradition: OA is self-supporting through its own contributions. Please give what you can, but if you can't, just keep coming back. We need you more than we need your money.

Donations can be made by sending a check to our group treasurer or paying online at capecodoa.org. This information will be placed in the Chat window.

Announcements: Are there any OA Announcements?

Next week's format will include _____ *(step number, tradition number, story number or that it will be a speaker week)*

Is there someone who can volunteer to lead the meeting next week? If you need any help, please let our group Secretary know, so we can coach you.

Commitment to Abstinence: At this meeting we celebrate the commitment to abstinence and abstinence achieved. Is there anyone who has a new commitment to recovery or who is celebrating a period of abstinence they want to share with the group?

Sharing: This meeting is now open for sharing. Please limit your share to _____ minutes (*2 minutes or longer if time allows*). The leader will call on people to share. If you wish to pass or to speak later on, feel free to do so. At 10:15am we will pause to ask if anyone has a burning desire to share. Please watch for the timekeeper's raised phone or signal in their Zoom window. Our timekeeper is _____.

Additional Reading: If there is time remaining after all have shared: "Would someone volunteer to read today's reading from either *Voices of Recovery* or *For Today*?" Open for shares on the second reading.

At 10:15: We now pause the sharing to make time for anyone who has not had a chance to share and has a "burning desire" to do so. *(Resume the sharing after the ''burning desires'')*

At 10:25 - Closing: In the spirit of anonymity please remember: "Who you see here, what you hear here, LET IT STAY HERE.

The Promises: Would someone volunteer to read the Promises or one of the other two readings on the sheet? *(Leader may read these)*

After a moment of silence, would all who wish to join me in the **Closing Prayer** *(choice of The Third Step Prayer or "Rozanne's Prayer: I Put My Hand in Yours")*

OA Preamble

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

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.

Our Invitation to You

We of Overeaters Anonymous have made a discovery. At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health and self-confidence, which some of us had once possessed, were no defense against it.

We have learned that the reasons for the illness are unimportant. What deserves the attention of the still-suffering compulsive overeater is this: there is a proven, workable method by which we can arrest our illness.

The OA recovery program is patterned after that of Alcoholics Anonymous. As our personal stories attest, the Twelve-Step program of recovery works as well for compulsive overeaters as it does for alcoholics.

Can we guarantee you this recovery? The answer is up to you. If you will honestly face the truth about yourself and the illness; if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life, and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover.

To remedy the emotional, physical and spiritual illness of compulsive eating we offer several suggestions, but keep in mind that the basis of the program is spiritual, as evidenced by the Twelve Steps.

We are not a “diet” club. We do not endorse any particular plan of eating. In OA, abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Once we become abstinent, the preoccupation with food diminishes and, in many cases, leaves us entirely. We then find that, to deal with our inner turmoil, we have to have a new way of thinking, of acting on life rather than reacting to it — in essence, a new way of living.

From this vantage point, we begin the Twelve Step program of recovery, moving beyond the food and the emotional havoc to a fuller living experience. As a result of practicing the Steps, the symptoms of compulsive eating and compulsive food behaviors are removed on a daily basis, achieved through the process of surrendering to something greater than ourselves; the more total our surrender, the more fully realized our freedom from food obsession.

OVEREATERS ANONYMOUS® The Twelve Steps

Here are the Steps as adapted for 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 con- tact 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.

"But I'm too weak. I'll never make it!" Don't worry, we have all thought and said the same thing. The amazing secret to the success of this program is just that: weakness. It is weakness, not strength, that binds us to each other and to a Higher Power and somehow gives us the ability to do what we cannot do alone. If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone any more. Welcome to Overeaters Anonymous. Welcome home!

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

The Twelve Traditions

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 nonprofessional, 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.

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

OA Board-approved. Overeaters Anonymous®, Inc.

OVEREATERS ANONYMOUS®

The Tools of Recovery (abridged)

As we work the Overeaters Anonymous Twelve Step program of recovery from compulsive eating, we have a number of Tools to assist us. We use these Tools—a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service—on a regular basis, to help us achieve and maintain abstinence and recovery from our disease.

A Plan of Eating

As a Tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where, and why we eat. (See the pamphlet *A New Plan of Eating* for more information.) This Tool helps us deal with the physical aspects of our disease and achieve physical recovery.

Sponsorship

We ask a sponsor to help us through all three levels of our program of recovery: physical, emotional, and spiritual. Find a sponsor who has what you want and ask that person how they are achieving it.

Meetings

Meetings give us an opportunity to identify our common problem, confirm our common solution, and share the gifts we receive through this Twelve Step program. In addition to face-to-face meetings, OA offers telephone and other types of virtual meetings that are useful in breaking through the deadly isolation caused by distance, illness, or physical challenges.

Telephone

Many members call, text, or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.

Writing

Putting our thoughts and feelings down on paper, or describing a troubling or joyous incident, helps us better understand our actions and reactions in a way that is often not revealed by simply thinking or talking about them.

Literature

We read OA-approved literature, which includes numerous books, study guides, pamphlets, wallet cards, and selected Alcoholics Anonymous texts. All this material provides insight into our disease and the experience, strength, and hope that there is a solution for us.

Action Plan

Creating an action plan is the process of identifying and implementing attainable actions to support our individual abstinence and emotional, spiritual, and physical recovery. This Tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

Anonymity

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities (Tradition Twelve). Anonymity assures us that only we, as individual OA members, have the right to make our membership known to others. Anonymity at the level of press, radio, films, television, and other public media of communication means that we never allow our faces or last names to be used once we identify ourselves as OA members (Tradition Eleven).

Within the Fellowship, anonymity means that whatever we share with another OA member will be respected and kept confidential. What we hear at meetings should remain there.

Service

Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery. Members who are new to OA can give service by attending meetings, sharing, and putting away chairs. All members can also give service by putting out literature, welcoming newcomers, hosting a virtual meeting, or doing whatever is needed to help the group. Members who meet specified requirements can give service beyond the group level by serving at the intergroup, service board, region, or world service level.

As OA's responsibility pledge states: "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

See the full *Tools of Recovery* pamphlet for more information.

OA Board-approved.
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THE PROMISES

From pages 83-84 Alcoholics Anonymous, the Big Book of AA

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us–sometimes quickly, sometimes slowly. They will always materialize if we work for them.

THE "HIDDEN PROMISES"

From the Alcoholics Anonymous "Big Book," pp. 84-85

And we have ceased fighting anything or anyone – even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it if as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we have been placed in a position of neutrality – safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.

SPIRITUAL AWAKENING

From the Twelve Steps and Twelve Traditions of Alcoholics Anonymous pp. 125

Still more wonderful is the feeling that we do not have to be specially distinguished among our fellows in order to be useful and profoundly happy. Not many of us can be leaders of prominence, nor do we wish to be. Service, gladly rendered, obligations squarely met, troubles well accepted or solved with God's help, the knowledge that at home or in the world outside we are partners in a common effort, the well-understood fact that in God's sight all human beings are important, the proof that love freely given surely brings a full return, the certainty that we are no longer isolated and alone in self-constructed prisons, the surety that we need no longer be square pegs in round holes but can fit and belong in God's scheme of things – these are the permanent and legitimate satisfactions of right living for which no amount of pomp and circumstance, no heap of material possessions, could possibly be substitutes. True ambition is not what we thought it was. True ambition is the deep desire to live usefully and walk humbly under
the grace of God

Third Step Prayer

God, I offer myself to thee-to build with me and to do with me as Thou wilt.

Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life.

May I do Thy will always.

Amen

I Put My Hand in Yours
(Rozanne's Prayer)

I put my hand in yours, and together we can do what we could never do alone.

No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower.

We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

Format for Business Meetings

Created 2/19

Business meetings are held the first Sunday of each month, during the last scheduled 5-15 minutes of the meeting (depending on the number of issues to discuss). The group Secretary chairs the business meeting and takes simple notes for future reference.

Opening: The group Secretary opens the business meeting with the Serenity Prayer

Reports: If present, the group Treasurer and Intergroup Rep report. If donations are to be made, a group conference vote is taken on the Treasurer's request to disburse funds.

Previous Meeting: The Secretary reads notes from the previous meeting, especially picking out items that were to be carried forward to the current meeting.

Old Business: The group discusses and, if needed, votes on any items left over or introduced the previous month, or items designated for future discussion at earlier meetings. (Note: While it is important that all points of view be heard, it is also important to keep meetings to the time frame available and to prevent items from being carried forward month to month. With that in mind, the Secretary should give gentle reminders if attendees are repeating points already made, or speaking at great length during the discussion).

New Business: If time allows or there is no old business, the Secretary asks for new business items. These are discussed and voted on as time allows.

Closing: The meeting closes with the Serenity Prayer.

Election of Group Officers: At the February 2019 business meeting, the group decided to have three service positions. There are no special requirements for group service positions. Outgoing group service position holders can help orient incoming office holders. Elections for service positions are held at the **October and June** business meetings. The positions are:

Secretary: The Secretary is responsible for updating the group format and distributing it electronically as needed to regular group members (this includes members who want to use the winter call-in option). A copy is also placed in the binder for use by members in the room. The Secretary also chairs the monthly Business Meeting.

Treasurer/Literature: The Treasurer collects the 7th tradition money and any funds from literature sales, and notes the income in the Treasurer's book. Monthly, the Treasurer reports to the group about funds on hand. Quarterly, rent is paid and disbursements are made to Intergroup, R6 and WSO based on the formula in the Treasurer's instruction. The Treasurer purchases literature as needed and as funds allow, either from Intergroup or from the OA.org website.

Intergroup Rep: The Intergroup rep attends monthly Intergroup meetings (held Saturday morning after the regular Dennis meeting). At these meetings, the rep speaks and votes on behalf of the group. During announcements and at the monthly Business Meeting, the Intergroup rep reports back to the group on Intergroup happenings and provides flyers and handouts to the group.