

# Strong Meeting Checklist

---

The Strong Meeting Checklist was part of OA's 2008-2013 Strategic Plan. It is not enough to make the public aware that OA exists and can be a solution to compulsive eating; meetings have to be strong and must function effectively for people to "stay for the miracle" and for OA to continue to grow and be there for those who need it in the future. Consider doing an inventory of your OA meeting using this checklist.

1. Does the meeting start and end on time?
2. Are all attending, including newcomers, greeted and made to feel welcome and accepted?
3. Does the meeting focus on OA recovery through the Twelve Steps and Twelve Traditions?
4. Do we offer our own experience, strength, and hope, sharing the solution we have found?
5. Are cross talk and advice-giving avoided?
6. Does the group contribute financially to all levels of OA service as per our Seventh Tradition? Do virtual meetings ensure that attendees and members have information on how to make individual Seventh Tradition contributions?
7. Is the importance of sponsorship—for both sponsors and sponsees—stressed at the meeting?
8. Does the group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting?
9. Does the group follow a meeting format based on OA's Suggested Meeting Formats?
10. Is only OA-approved literature on display and for sale?
11. Are group conscience meetings held regularly?
12. Are all service positions filled and is rotation of service practiced?
13. Is the meeting information readily available and the World Service Office informed of all meeting details and changes so that newcomers and visitors can find the meeting?
14. Is the meeting a safe place for all members?

OA Board-approved

Overeaters Anonymous®, Inc.

Mail Address: P.O. Box 44727, Rio Rancho, NM 87174-4727 USA

Tel: 1-505-891-2664 • Fax: 1-505-891-4320

[info@oa.org](mailto:info@oa.org) • [www.oa.org](http://www.oa.org)

© 2008 Overeaters Anonymous, Inc. All rights reserved. Rev. July/2019