



## Suggested Young Persons Meeting Format MODERATOR

### **MODERATOR:**

Welcome to the **OA FOOTHILL INTERGROUP Young Persons Phone meeting** of Overeaters Anonymous. My name is\_\_\_\_\_.(say your name)  
I'm a compulsive eater and your moderator for this meeting.

Will those who wish, please join me in the Serenity Prayer:  
"God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

The focus of this meeting is on the experience, strength and hope young people find in Overeaters Anonymous. While everyone is welcome, **the emphasis is for those under 30, or those who were under 30 when they came to program.**

### **READINGS:**

**Who would like to read "What Brought Us Here" and "Why We Stay"?**

**Who would like to read the Twelve Steps of Overeaters Anonymous?**

Are there any other compulsive eaters on the line besides myself? If you feel comfortable, please say 'yes'.

**NEWCOMERS:** If you are new, please introduce yourself by your first name only– not to embarrass you, but so that we may welcome you. [*Let Newcomers introduce themselves.*]

We encourage you to keep an open mind, attend several meetings, ask lots of questions and read our literature to learn the many ways OA can help you. Literature is available through <https://bookstore.oa.org/>

**TOOLS:** The OA tools of recovery help us work the Steps and refrain from compulsive eating. The nine tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity and service. For more information, read *The Tools of Recovery* pamphlet available at OA.ORG or any face to face meeting you attend.

**SPONSORSHIP:** Sponsorship is an important part of our program of recovery. Sponsors are OA members committed to abstinence, and they guide us through the Twelve Steps by sharing their own experience, strength and hope. Would all abstinent sponsors please identify as such? After you are done identifying as a sponsor, please say 'pass' so the next sponsor may speak.

## **VARIOUS MEETING FORMATS:**

**SPEAKER FORMAT:** *It is now time for the speaker to share their experience, strength and hope for approximately 10 minutes*

**BIG BOOK FORMAT-***Take turns reading from AA Big Book for 10 minutes. Each person reads a few paragraphs and then says 'Pass' so next person can read*

**MEDITATION FORMAT-***Guided meditation for 10 minutes lead by moderator*

**FOR TODAY FORMAT-***Read the entry for the date of the meeting*

**ONLINE LITERATURE FORMAT-***Read selected online OA literature which is posted on OA FOOTHILL website*

**VOICE OF RECOVERY FORMAT-***Read the entry for the date of the meeting*

**SEVENTH TRADITION:** According to our Seventh Tradition, we are self-supporting through our own contributions. You can contribute online @ oafoothill.org, at oa.org or at your next face to face meeting.

### **READING:**

**I have asked someone to read the Twelve Traditions of Overeaters Anonymous.**

**Introductions** It is now time for introductions. If you are comfortable doing so, please indicate the city and/or state you are calling from. If you are a visitor, feel free to identify yourself as such. My name is(*say your name*), I'm a (*identify your variation of the disease*) and I'm calling from (*say your city and state*).

**MEETING IS NOW OPEN FOR SHARING:** The meeting is now open for three-minute shares. Please respect the timer so that as many people as possible have a chance to share. There is no cross talk at this meeting. Cross talk is defined as commenting on another person's share with anything other than "thank you for your share." **Sharing ends at 7:55 pm.**

**Who would like to begin sharing?**

**CONCLUSION:** That is all the time we have for sharing. If you didn't get a chance to share but need to talk, please find one of us to talk to after the meeting. Remember that the opinions expressed here are those of individuals and not of 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."

**CLOSING:** Thank you for allowing me to be your moderator. (*If there was a speaker, please thank the speaker*). After a moment of silence, will those of you who wish, who would like to lead us in the closing prayer? (*See OA Approved Prayers on website if you need some assistance*)