

OASF TUESDAY RELAPSE & RECOVERY MEETING FORMAT

Welcome to the Tuesday night 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?

This is a one-hour weekly speaker meeting.

Will someone please read "Together We Can?"

Will someone please read "The Twelve Steps of OA?"

Will someone please read the long form of Tradition 3?

Will someone please read "The OA Tools of Recovery" and share briefly on one of the tools?

Our phone list is now being circulated. Please write down your name and number. We suggest that you take down two or more numbers to call during the week. We will keep this list circulating throughout the meeting.

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. If you'd like to speak with someone, please talk to them at the end of the meeting. You may also contact Newcomer@oasf.com to ask for a temporary sponsor.

The San Francisco Intergroup 12th Step Within Committee has created a booklet entitled "A 12th Step Within Guide: Reflections on Relapse and Recovery for OA Members and their Sponsors". This booklet is free and we encourage you to take a copy for yourselves and others. (Hold copy of booklet up for people to see.)

According to our 7th Tradition, we are self-supporting through our own contributions. The suggested donation is \$5. Please donate only as much as you can. (Pass the basket.) We use this money to pay rent, buy literature, support our Intergroup which provides meeting lists and a web site and our regional and World Service organizations. We ask that newcomers not contribute as a sign of our welcome to you. While the basket is going around, are there any OA-related announcements?

By group conscience, this meeting **does not have abstinence requirements for the speaker.** We circulate a sign-up sheet for volunteers. Please sign up to speak on a date that works for you. We ask that you not speak more than once every six months. (Circulate Speaker Sign-Up Sheet)

This Steering Committee meeting is held after the second meeting of the month. We welcome you to join us.

Please welcome _____, our speaker for tonight, who will share their experience, strength and hope regarding Relapse & Recovery for 15 minutes. Would you like a 5 minute warning?

Now is the time for open sharing. Please keep our common welfare in mind by refraining from "cross-talk." Because this is a Relapse & Recovery meeting, we divide the sharing time by as many people present in order that everyone may have an equal opportunity to share. Would someone like to be the time-keeper?

Does the speaker have a topic related to Relapse & Recovery?

At 8:25: That's all the time we have for sharing tonight. Thank you to the speaker, _____ for sharing. The opinions expressed tonight are the opinions of the 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!

Does anyone need a ride? Please give us your name and destination.

Will someone please read from our pamphlet, "Members In Relapse?"
After a moment of silence, will all who wish to, please join me in the Unity Prayer?

Format for business meeting to be held after the meeting on the second Tuesday of the month:

- * The business meeting is held after the recovery meeting ends at 8:30pm .
- * Ask someone to be the timekeeper.
- * Begin with Serenity Prayer.
- * Read agenda items, making sure person who is sponsoring it is present.
- * *Elections for service positions are held every 6 months, in June and December, with positions to begin in July and January. There are no abstinence requirements for any of the positions.*
- * Ask for seconds on motions; request 2 pro and 2 con comments, then take a group conscience.
- * Close with Serenity Prayer.

Together We Can

“Relapse is one of the primary reasons some of us might be tempted to discontinue our recovery in OA. When we relapse, we may experience the same feelings we had when we first came to an OA meeting; these include shame, embarrassment, self-recrimination, failure, depression, isolation, frustration and even hopelessness. When relapse occurs, the most important action we as individuals and the group can take is to keep the lines of communication open.

If someone in the group relapses, we can keep in touch and encourage that member not to retreat into isolation. We can ask how others are doing, letting them know that we care and that their participating in the group is valued. Everyone’s attendance at meetings makes a difference in each member’s personal recovery and adds to the group as a whole. The courage that it takes to return even in the face of a setback will surely be an inspiration to those of us who may in the future face similar obstacles.

When a member does return after relapse, welcome her or him warmly; support and encouragement are especially crucial at this time. And most importantly, **DON’T JUDGE THEM!** When we judge fellow members, we are inviting them to leave.

Everyone is “good enough” to be in OA, no matter what. So don’t judge another’s recovery. Each person’s program is unique, just like each of us.

It is crucial that in our commitment to carry the message of recovery to other compulsive overeaters, we treat others the way we, ourselves, would want to be treated. Each one of us--with a smile, a hug, a phone call or a hand extended--can make a difference in our own well-being and that of our fellow members, keeping all of us coming back to an atmosphere of love, acceptance and support. Overeaters Anonymous does work when We Keep Coming Back.”

(From the OA pamphlet entitled “Together We Can.”)

The Twelve Steps of 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 God.
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 God 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 contact 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.

Tradition Three

The only requirement for OA membership is a desire to stop eating compulsively.

As tradition three implies, a desire to abstain – to refrain from eating compulsively – is at the heart of OA membership. There are many opinions among us about what it means, exactly, to stop eating compulsively. Nobody is excluded from OA membership because of his or her personal opinion of how to achieve abstinence. **Note, too, that while the *desire to stop eating compulsively* is required, a person doesn't have to be abstinent to be welcome at OA meetings. We encourage one another to keep coming back, no matter what.**

(Pages 129-135 of The Twelve Steps and Twelve Traditions of Overeaters Anonymous)

From the OA Pamphlet, "Members in Relapse":

We all need to be loved and accepted, not because we are abstinent, not because we are at goal weight, but for who we are. This is especially true of OA members who are still suffering. They have been in program for some time, perhaps for months, maybe even years, but either they have not yet attained abstinence or they are in relapse. When asked what helped them most, people who have gone through this painful experience agree on one thing: being loved and accepted—even when they were compulsively overeating, even when they were falling apart emotionally, even when they themselves felt hopeless and unlovable—was the key to their eventually loving and accepting themselves and from there, getting abstinent."