

## EBONY OA Phone Meeting Format

Welcome to the **Ebony OA** Phone meeting of Overeaters Anonymous. My name is \_\_\_\_\_, and I am a compulsive overeater and your leader for this meeting.

Will those who wish to please join me in reciting the Serenity Prayer. "God grant me the Serenity to accept the things I cannot change, Courage to change the things I can, and the Wisdom to know the difference."

Please keep your phone muted during the meeting unless you are sharing or reading. You can mute or un-mute you phone by pressing the number 6. Please mute you phone now by pressing 6.

The following is the OA Preamble:

Overeater's 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 overeating and to carry this message of recovery to those who still suffer.

Will someone read the **Twelve Steps**? Will someone read the name of the **Tools of Recovery** and pick one to share on for 3 minutes. Would someone please read the **Twelve Traditions**?

Ebony Overeaters Anonymous is designed to reach out to black/African American first time members of the fellowship or to those who are long time members and provides an atmosphere that attracts persons with similar attributes or common cultural issues.

We meet to practice the 12 Steps of OA on our disease of compulsive overeating through Ebony OA which offers the same OA principles, but with an emphasis on the issues that affect black/African Americans. By practicing the steps we find relief and freedom from food obsession and are better able to face life again without excess food.

If you are a newcomer to OA please un-mute your phone by pressing 6 and give us your first name, city and state so that we can welcome you. (Pause) Welcome and keep coming back.

If you are a newcomer, it's suggested that you attend at least 6 meetings before you decide OA is for you. If you are struggling or if you have yet to find the recovery you seek, please don't leave before the miracle happens. Let us all reach out to newcomers, returning members, and each other. This, like all service is an important part of our recovery from compulsive overeating.

Now, we would like to meet our meeting participants from far and near. Please press 6 and identify yourself by giving your first name, city and state. Re-mute your phone by pressing 6.

**This is a speaker meeting and tonight our speaker is \_\_\_\_\_.**  
**You have 15 minutes to share your ESH. I will give you a notice when you have 5 minutes left to speak.**

The meeting is now open for sharing. In this meeting we discourage cross talk. Cross talk is defined as interrupting, criticizing, or giving advice on another person's share. We need a safe and supportive place to discuss our feelings and cross talk can be very hurtful and humiliating. Please limit your shares to 3 minutes so that as many participants as possible can share. If time permits, you can share again after others have shared for 3 minutes. There is no abstinence requirement to share.

(At 5 Minutes before the hour) In closing, the opinions expressed here today by those of us who shared are our own, and not necessarily those of OA as a whole. Take what you like and leave the rest.

Will all sponsors with time available please identify yourself? (Pause) Will someone serve as the newcomer greeter? (Pause) *Are there an OA related announcements? (Pause)*

Thank you for allowing me to be your leader. After a moment of meditation, will those of you who wish to please join me in reciting the Serenity Prayer.

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