

# LEADER GUIDE

Minnesota OA-HOW Live Video Meeting | Golden Valley, MN | Tuesday 7:00-9:00 PM | Central Time  
Updated September 28<sup>th</sup>, 2019

1. Good evening. Welcome to the Minnesota OA-HOW Live meeting. My name is\_\_\_\_\_. I am a compulsive eater and your leader for this meeting. (*Group responds: “Hi \_\_\_\_\_, Welcome”*).
2. This is a meeting conceived to bring an added dimension of realism to our remote OA community. We want to again emphasize to everyone that the link, login, and instructions that you received to participate on this meeting are not to be published anywhere but only to be shared with those directly interested. Our goal is to share the power of recovery via a meeting that is safe and by its nature very visual. We want to welcome all those here and virtually. You may reference our Webcast Guide for detailed instructions and information.
3. If you would like to participate in the meeting either by video or by phone, before the meeting begins please use the Signup Genius link called Volunteer to Participate Virtually on our website **m-n-h-o-w-l-i-v-e.o-r-g**. On the same webpage you will find a link to our Meeting Readings and Tools. If you have not signed up, you may volunteer to take a reading or tool, or participate in any other way in the Meetings' live chat. We do this in advance so that we can keep the meeting flowing smoothly. If you need technical help, there will be multiple coaching sessions Thursday evenings from 5:30 to 9:00 PM Central time on this same meeting. If you are unable to make this time, please send a note to [mnhowlive@gmail.com](mailto:mnhowlive@gmail.com).
4. The audio portion of this meeting is being recorded. Please visit our website at [mnhowlive.org](http://mnhowlive.org) to download the files.

5. We ask that if you do need to eat during the meeting please eat quietly in the back of the room.
6. For those in person, please take a moment to silence or turn off your cell phones and do not connect to the room's WiFi.
7. To open the meeting, let us have a moment of quiet meditation and, for those who wish join us in saying 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. Thy will, not mine, be done."
8. I assume that I am not alone this evening. But, for the record, are there any other compulsive eaters at this meeting other than myself?  
(*pause*)
9. The "We Care" folder will be circulating in the room for the duration of the meeting. The first time for you to list your name, telephone number and email and the rest for you to take names and phone numbers to call during the week. If you are joining us remotely please use the meeting's Chat function as a virtual "We Care" book and enter your first name, phone number, times available for phone calls, and whether or not you are currently a sponsor in the HOW Format. We will then add you to the We Care book that is being circulated in the room. A copy of this list can be sent to you via email after the meeting.
10. Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and mutual support, 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 carry this message of recovery to those who still suffer.

11. Would someone please read: ***What is HOW?***

12. Would someone please read: ***The Only Requirement?***

13. Would someone please read: ***The HOW Concept?***

14. Would someone please read: ***Reflections for the Newcomer?***

15. Would someone please read: ***An excerpt from Step Two of the OA 12 and 12?***

16. Would someone please read from Chapter 5 of the book Alcoholics Anonymous: ***How it Works?***

17. Would someone please read: the ***Twelve Steps of Recovery?***

18. Would someone please read: the ***Twelve Traditions*** of the program?

## **THE TOOLS OF RECOVERY**

19. The Twelve Steps of Overeaters Anonymous are a program of recovery. Webster's dictionary defines "tool" as "any person or thing used to get something done." We have many tools of the program which will help us to recover on a daily basis. Tools are essential to get the job done and they work for us. In order for a tool to work, it must be used! (*pause*) So too with our tools of recovery. I will ask that H.O.W. sponsors explain how they use a particular tool with a limit of three minutes for each tool. Would someone be willing to be the timekeeper? Virtual participants receive timing prompts via Chat.

***a. Abstinence Plan of Eating.***

***b. Sponsorship***

***(Read after the pitch)***

Will all sponsors H.O.W and O.A please join me in the sharing the following:

1. How long in O.A. and H.O.W?
2. How long abstinent in O.A. or H.O.W?
3. How much weight lost or gained?

This is not a time for sharing for sponsors. Please keep it brief and no applauding between sponsors. If they wish to, sponsors can announce that they have an opening for a Sponsee and provide their phone numbers.

Please form a line starting at the microphone and continue behind me. Remote sponsors are invited to share following our line by clicking the *Raise Hand* button and turning on your video camera or just turning on your video. When it is your turn to share, you will hear your name and see a “*You are unmuted by host*” screen prompt. Following your share, please turn off your video as the meeting moderator re-mutes your line. Sponsors joining us on the phone please wait for a pause in the line and press Star & 6 on your telephone keypad. ***(Move through the line.)***

**CLAY FEET**

***(To be read while sponsors are returning to their seats)***

We should remember that all O.A.s have clay feet. We should not set any member upon a pedestal and mark her or him out as a perfect O.A. It is not fair to the person to be singled out in this fashion and if the person is wise, she or he will not wish it. If the person we single out as an ideal O.A. has a fall, we are in danger of falling too. Without exception, we are all only one bite away from a binge. No matter how long we have been in O.A. or H.O.W., nobody is entirely safe. O.A. itself should be our ideal; not any particular member of it.

***c. Anonymity***

***d. Telephone Calls***

e. **Meetings**

f. **Literature and Writing**

g. **Service**

**(Read after service pitch)**

Will all people doing service for O.A. at any level, please stand and applaud service **(pause)**.

19. If you have not yet added your information to the chat for our "We Care" book, please take a moment to do so now so we can add it to the book here in the room. We will keep the "We Care" book circulating until everyone has had an opportunity to sign it. The folder will continue to circulate for the duration of the meeting so that everyone may take names and phone numbers for their personal contacts. Enter your email in the Chat to receive the list. Is there anyone who has not yet signed?
20. The Minnesota OA-HOW Live meeting is a friendly place and we want to get to know each other. If you are here with us today for the first time in the meeting room, will you please stand and introduce yourself by first name only. (*Group responds with "Hi \_\_\_\_\_, welcome!"*). If you are attending for the first time virtually, please turn on your video and unmute your line or press Star & 6 on your telephone's keypad.
21. May we please have a Treasurer's Report?
22. Our Seventh Tradition helps this meeting; provide the equipment, enhance our website, make it accessible to individuals who are Deaf or anyone using ASL, refine the technology, develop other live OA face to face groups and more. A basket will be passed for those here in the room and those joining virtually; you may go to [mnhowlive.org](http://mnhowlive.org) to donate.

Please read one of the following (see below)  
***The Promises*** or ***We've Got Some Bad News for You***  
while the donations are being collected

THE PROMISES: “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 that 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. (*BB, p. 83-84*)

OR

WE'VE GOT SOME BAD NEWS FOR YOU: It was bad news for us and it will probably be bad news for you. Whether you quit six days, months or years, if you go out and take the first compulsive bite of food, you'll end up....just like you have been in the past. You are a compulsive eater.” (*BB p. 187*)

23. Are there any announcements here in the room or virtually?
24. Literature and books: newcomer and sponsor materials are located at the Virtual Intergroups' Resource page at [www.oahowphonemeetings.com](http://www.oahowphonemeetings.com). You can purchase OA books and pamphlets at [bookstore.oa.org](http://bookstore.oa.org).
25. It is now time for medallions. At H.O.W. meetings, we recognize the milestones of recovery for those working the H.O.W. program. All

other OA abstinence is given a round of applause. Anyone joining us virtually may also request a medallion by turning on your camera and unmuting your phone. (Leader also gives medallions)

26. **STEP-UPS:** At this point in our meeting, we ask the group to join us as we celebrate another example of the miracles that about in O.A. The stepping-up portion of the meeting ask a sponsor to introduce a newcomer who has at least 70 days of back-to-back abstinence, who has completed the first three steps of the program and who is now ready to become a sponsor. At H.O.W. meetings new sponsors are presented with a cactus plant to signify the touch love of the program. Stick with the stickers; remember to drink your water and reminder that we don't water down the program. Are there any step-ups? ***(If yes, then move to the Step-up Reading)***
  
27. **ANNIVERSARIES:** "Birthdays are celebrated for each year of continuous abstinence." (*O.A. Group Handbook, p10*) At anniversaries, a candle is lit at the beginning of the meeting. We invite the person who is celebrating an anniversary to come to the front of the room for the Anniversary Reading. Are there any Anniversaries? ***(If yes, then move to the Anniversary Reading)***.

Virtual attendees may signup to celebrate your Step-ups or Anniversaries via the link on our website.

The leader now qualifies for 10 minutes. ***(Leader Shares)***

28. I would like to introduce \_\_\_\_\_, our guest who qualifies for 20 minutes. ***(Speaker Shares)***
  
29. The floor is now open for three minute pitches or sharing. In H.O.W. meetings, we share our experience, strength and hope. No one is prohibited from sharing but we ask that you focus on the solution. All pitches should be of a positive nature in which you share your growth and recovery. All other issues can be worked out over the phone or

after the meeting. Would someone care to pitch? Virtual sharing can be done by turning on your camera and unmuting yourself. (*Leader note: please be observant and ensure that virtual participants are included after local attendees in pitches/sharing. Pitches can go until 8:55 pm, as it takes 5 minutes to wrap up the meeting*)

30. I want to thank you for allowing me to be your leader for this meeting today. I also thank all those who participated, especially our speaker, \_\_\_\_\_ who offered so much of herself or himself.
31. May we please have the reading of ***Just for Today?***
32. For those joining us in person, I would like to ask for your help in putting away the equipment and bringing this room back to its original set up after we have concluded our closing prayer. Thanks for your help with this.
33. We would also like to thank our skilled Interpreters for helping us to reach even more people who struggle with this disease (***Applause***).
34. CLOSING STATEMENT: To those who are still new to the program, we remind you that all that was said here today should safely remain here as we respect and cherish our tradition of anonymity. We also assure you that following the program will get your weight off or on. Abstinence will remove the cravings. Our way of life will remove compulsion in time and give you contentment in all areas of life. After a moment of meditation, will those who wish to, please join in to say the Serenity Prayer. Those attending virtually, please unmute your selves. Let's pray for those who are still suffering.