

# OA/HOW FRIDAY NIGHT PHONE MEETING

## Updated November 20, 2018

Good evening. Welcome to the Friday OA/HOW phone meeting of Overeater's Anonymous. This particular meeting adheres to the HOW concepts of recovery. We have found that consistent use of this format keeps our meeting focused on OA recovery, reinforces our program and encourages unity. My name is \_\_\_\_\_. I am a compulsive overeater and your leader for this meeting. We encourage you to have paper and pen; throughout the meeting. You may hear information you will need. Information will not be repeated. Please stay till the end of the meeting for open discussion. If possible, please have the readings for this meeting readily available in the event someone is needed to step in to read or pitch. It's a great opportunity to give service. Please un-mute your phone by pressing \*6 on your phone keypad.

1. **To open the meeting**, let us have a moment of quiet meditation, followed by the Serenity Prayer. . . . "God, grant me the serenity. . . ."
2. I assume that I am not alone this evening. "As we extend the heart and hand of fellowship to those who still suffer, let us be mindful of OA's Unity with Diversity Policy, which respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with

food, you are welcome at this meeting. Are there any compulsive eaters here beside myself? Please now mute your phone by pressing \* 6 on your phone keypad. Thank you!

3. If there is an Anniversary ask the person to light their candle.

**“Just a reminder** about phone meeting etiquette: Press \*6 on your phone key pad to mute and unmute your phone. Unless you are the one scheduled to speak, please make sure your phone is muted. You can check this at any time by hitting \*6 on your phone key pad. The message will tell you either “Muted” or “Unmuted”. If you need to leave the meeting for some reason, please make sure your phone is muted. If you are going to read or share on a tool, please un-mute as you hear the person before you begin to wrap up for a smooth flow to the meeting. Thank you for helping the meeting to have the telephone line clear and quiet.

**Our Virtual Service Board** maintains a website. For information about this meeting and other OA/HOW phone meetings, please visit:

[oahowphonemeetings.com](http://oahowphonemeetings.com). Click on the Friday tab to view or download this meeting’s current format and readings.

**This meeting utilizes** our Virtual Service Board’s Multi-Meeting We Care List. If you would like to be included on that list and receive a copy, there is a link on the home page of [oahowphonemeetings.com](http://oahowphonemeetings.com). Click on the link and

follow the instructions to enter your contact information and to request of a copy of the VSB's multi-meeting We Care List. You will then receive periodic updates to the Multi-Meeting We Care List.

**Overeaters Anonymous is** a Fellowship of individuals who, through shared experience and mutual support, 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.

**Note to Meeting Leader:** You are empowered by the group conscience of this meeting to stop interruptions or cross-talk by instructing the interrupter to remain at the end of the meeting to ask questions or make suggestions.

**You do not need to be a sponsor** to do service for the first eight readings. Weekly we need 20 people to do service for this meeting. Please help this meeting to carry the message of recovery.

**In deference to AA's General Service Office's** wishes that OA not modify AA literature, this meeting reads excerpted passages exactly as written in

“Alcoholics Anonymous,” (the Big Book) and the AA 12 and 12. Feel free to privately substitute “food” and “compulsive eater” for “alcohol” and “alcoholic.”

Would someone please read?.....

- **“What is HOW?”**
- **“The Only Requirement.”**
- **“The HOW Concept.”**
- **“Reflections for the Newcomer.”**
- **Excerpt from Step 2 of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous***
- **Chapter Five of the book Alcoholics Anonymous: “How It Works”.**
- **Twelve Steps of Overeaters Anonymous.**
- **Twelve Traditions of Overeaters Anonymous.**

**The Tools of Recovery** - The Twelve Steps of Overeaters Anonymous are a program of recovery. The tools are some methods through which we work and live the Twelve Steps. A tool is a means to an end. It can never be an end in itself. In order for a tool to work, it must be used. So, too, with our tools of recovery. Unless we act upon them, there can be no recovery. As our

experienced members know, we have nine tools in our program. I will call on seven sponsors who follow this meeting's HOW format to explain the tools.

(There is a limit of three minutes for each tool, and a limit of 2 minutes to describe your abstinence kit in the plan of eating.) Just a reminder: this meeting allows the mention of specific foods. \_\_\_\_\_ has agreed to be our timekeeper.

**OR** Would someone be willing to be our timekeeper?

**Would someone please read and pitch on:**

- **Plan of Eating**
- **Sponsorship** (reads and pitches on the tool prior to sponsor line)

**It is now time for the Sponsor Line.** Will all sponsors please un-mute and according to this group's conscience share only. . your name; your current Back to Back abstinence date; and the weight you've lost or gained.

If you have an opening for a sponsee, slowly give your phone number, time zone and a good time to call.

Please do not give your number unless you have a sponsee opening.

(Ask the reader to go first and the Leader goes last.)

**Clay Feet:** We should remember that all OA's have *Clay Feet*. We should not set any member upon a pedestal and mark her or him out as a perfect OA. 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 OA 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 OA. Nobody is entirely safe. OA itself should be our ideal, not any particular member of it.

- **Anonymity**
- **Telephone Calls**
- **Meetings**
- **Literature and Writing**
- **Service**

**The Friday night meeting is a friendly place.** We want to welcome newcomers and returning members. May I have a volunteer to be our newcomer greeter tonight? [Then ask volunteer to share their phone number.] If you are here with us today for the first time ever, will you please un-mute (\*6) and introduce yourself by first name only and where you are from? If you would like to receive phone calls, please give us your phone number, time zone and a good time to call. Are there any newcomers with us tonight?"

(Leader welcomes newcomers with: "Hi,\_\_\_\_\_, welcome!") Our newcomer greeter for tonight will be calling you within the next few days.

**Our seventh tradition** tells us we must be fully self-supporting through our own contributions. The money collected is used to support our primary purpose, which is to carry the message to those who still suffer. We encourage you to make a 7th tradition contribution at [oa.org](http://oa.org) or at [oahowphonemeetings.com](http://oahowphonemeetings.com). If you consider this Friday night meeting your home group, when making a 7th Tradition contribution, please reference our group number which is 55060.

**I am now going to read 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 which 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.” (Big Book, pp. 83- 84)

**Are there any other announcements?**

**Leader makes the following announcement: Sponsors, if you would be willing to lead one of our Friday night meetings, or tell your story, please go to [oahowphonemeetings.com](http://oahowphonemeetings.com) and click on the Friday tab. There is a link there to our Sign Up Genius. Your service is needed and appreciated.**

**You may also sign up for a reading or to pitch on a tool by following the link. If you do not have access to the internet or need assistance in signing up, please call Sarah O. at (503) 338-8460 or Susan H. at (404) 630-5021 and they can help you get you signed up.**

**Now it's time for medallions:**

- Is there anyone celebrating: multiple years of abstinence?
- Is there anyone celebrating 18 months of back-to-back abstinence?  
How about 1 year? 9 months, 6 months, 90 days, 60 days, or 30 days b2b abstinence?
- Now comes the most important part, the 24 hour chip. We refer to it as the chip of desire. It does not mean you are making a commitment to be abstinent for the next 24 hours. What it means is that you heard something on this meeting that you liked and want to

know more. WOULD ANYONE LIKE A CHIP OF DESIRE?

If you do not have access to a medallion at a face to face meeting, please contact Pat G. at (304) 433-9199.

**Literature and books** are available at [oa.org](http://oa.org) or at your local OA meetings.

**Step-Ups**: At this point in our meeting, we ask the group to join us as we celebrate another example of the miracles that abound in OA. The stepping-up portion of the meeting asks 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 is now ready to become a sponsor. Are there any step-ups? *If you would like to step up on this meeting, we ask that you go to oahowphonemeetings.com, and under the Friday Tab, enter your information on the Sign Up Genius ahead of time so the meeting leader receives notification.*

At HOW concept meetings, new sponsors are presented with a cactus plant to signify the tough love of the program: stick with the stickers, a reminder to drink water and a reminder that we don't water down the program. **[IF THERE**

**IS A STEP-UP]** [Name of person], do you have your candles in front of you?

(Leader reads the introduction page.) [Ask the candle readers to un-mute and begin.] (Leader reads the closing page.)

**Anniversaries**: "Birthdays are celebrated for each year of continuous abstinence. " (OA Group Handbook, p. 10) Are there any anniversaries?

Invite the person who is celebrating an anniversary and the reader to un-mute.

**I would now like to introduce \_\_\_\_\_**, our guest speaker, who qualifies for 20 minutes. \_\_\_\_\_, would you like a timer?

**AT THE SPEAKER'S CONCLUSION, PLEASE ASK THE SPEAKER TO SHARE HIS OR HER PHONE NUMBER.**

**This meeting ends at 10:00 pm EST with the Just For Today reading.**

The floor is now open for three-minute positive pitches. A pitch is an experience that has helped us to grow through the action of putting down the food and picking up the Twelve Steps, Twelve Traditions and nine tools of recovery in our daily 24-hour experience, thus giving us sobriety rich with new levels of awareness. ALL PITCHES SHOULD BE OF A POSITIVE NATURE IN WHICH YOU SHARE YOUR GROWTH AND RECOVERY.

“Feedback, cross talk and advice-giving are discouraged here. Cross talk during an OA meeting is giving advice to others who have already shared, speaking directly to another person rather than to the group and questioning or interrupting the person speaking/sharing at the time. **WOULD SOMEONE CARE TO PITCH?** Please un-mute by pressing \*6 on your phone key pad and introduce yourself.

**I want to thank you for allowing me to be your leader for this meeting.**

I also thank all of those who participated, especially our speaker, \_\_\_\_\_ who

offered so much of (her/him) self.

**May we have the reading, “Just For Today”?**

**Closing Statement:** To those who are still new to the program, we remind you that all that was said here tonight 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. Abstinence will remove the craving. Our way of life will remove the compulsion in time, and give you contentment and fullness in all areas.

**After a moment of meditation,** will you please join me in saying the Serenity Prayer. . . . Let’s pray for those still suffering . . . “God, grant me the serenity . . . Thy will, not mine, be done. Keep coming back. It works when you work it and give a lot of love!!!