

Suggested Telephone Meeting Format

We have found that consistent use of this format keeps meetings focused on OA recovery, reinforces our program and encourages unity. It also provides a reassuring feeling of continuity—an important factor in membership retention. Each group may modify this format to better suit its needs.

Important Information About the Meeting:

Phone Bridge Number _____
Access Code/Pin _____#
Moderator Code _____#

Note: Please call in **5-10** later than 10 minutes before the meeting starts. There are times when you may have trouble getting on. Earlier is better.

When you call in as moderator you may be muted. Check with the conference line host for options.

1.

WELCOME

"Welcome to the _____ phone meeting of Overeaters Anonymous. My name is _____, I am a compulsive eater and your moderator for this meeting."

2.

SERENITY PRAYER

"After a moment of silence, with all those who wish, please join me in the Serenity Prayer by pressing *_____. (usually *1 or *6) to commit."

Note to Moderator: Please pause for 10 to 15 seconds to give callers a chance to commit themselves.

"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."

"I will now mute the line." / "_____ Check with the conference host to see how this is done." / "To commit, please press *_____. After sharing please remember to press *_____ to mute. This allows us to have a quiet meeting."

3.

DIVERSITY POLICY

"As we extend the heart and hand of the OA 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, regardless of race, creed, nationality, religion, gender identity, sexual orientation or any other trait.

"We encourage you to:

- get a sponsor to help guide your recovery;
- develop a plan of eating and if you wish, write it down and report daily to your sponsor; and
- read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions."

Oa Suggested Meeting Format

Jicheng Xie



Oa Suggested Meeting Format:

This book delves into Oa Suggested Meeting Format. Oa Suggested Meeting Format is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Oa Suggested Meeting Format, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Oa Suggested Meeting Format
 - Chapter 2: Essential Elements of Oa Suggested Meeting Format
 - Chapter 3: Oa Suggested Meeting Format in Everyday Life
 - Chapter 4: Oa Suggested Meeting Format in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Oa Suggested Meeting Format. The first chapter will explore what Oa Suggested Meeting Format is, why Oa Suggested Meeting Format is vital, and how to effectively learn about Oa Suggested Meeting Format.
3. In chapter 2, this book will delve into the foundational concepts of Oa Suggested Meeting Format. This chapter will elucidate the essential principles that need to be understood to grasp Oa Suggested Meeting Format in its entirety.
4. In chapter 3, this book will examine the practical applications of Oa Suggested Meeting Format in daily life. The third chapter will showcase real-world examples of how Oa Suggested Meeting Format can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Oa Suggested Meeting Format in specific contexts. This chapter will explore how Oa Suggested Meeting Format is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Oa Suggested Meeting Format. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Oa Suggested Meeting Format.

https://crm.avenza.com/About/scholarship/Download_PDFS/Scales%20On%20The%20Ukulele.pdf

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Oa Suggested Meeting Format Introduction

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