

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 **NO** 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 repeat 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

Rosina Ehmann



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Communication in Recovery Lynette S. Eastland, Sandra L. Herndon, Jeanine R. Barr, 1999 Drawing from the various 12 step group experiences chapters examine the meaning of the recovery experience the spiritual orientation of 12 step programs and ways that the group facilitates changes BOOK JACKET *Clark v. Daniels*, 250 MICH 22 (1930) ,1930 99

Killer Fat Natalie Christine Boero, 2006 *Beyond Our Wildest Dreams* ,1996 How did Overeaters Anonymous begin Why were our Steps rewritten When was abstinence introduced What was the carbohydrate controversy Where did I Put My Hand in Yours originate How did the OA Lifeline get its name Discover answers to these questions and other fascinating facts in the pages of OA s first history book A cofounder who has kept coming back since the very first 1960 OA meeting describes it all what we were like what happened what we re like now what we hope for our future Beyond Our Wildest Dreams is absorbing and inspirational a reading treat for every member of Overeaters Anonymous and for all those who encourage and support compulsive overeaters in their quest for recovery Back cover **Fat Is a Family Affair** Judi Hollis, 2012-06-07 This instructive and engaging guide provides the latest thinking compassionate counsel and step by step assistance to individuals who suffer from compulsive eating behaviors This instructive and engaging guide provides the latest thinking compassionate counsel and step by step assistance to individuals who suffer from compulsive eating behaviors With more than half a million copies sold Fat is a Family Affair is recognized as the benchmark text on family dynamics and eating disorders Newly updated with current research perspectives and stories this instructive and engaging guide provides the latest thinking compassionate counsel and step by step assistance to individuals who suffer from compulsive eating behaviors specifically overeating and undereating Judi Hollis is eminently qualified to offer guidance on this topic having counseled families for more than 30 years and pioneered the nation s first Twelve Step eating disorders treatment program **Wounded in War they Would Work in Peace** Sqn Ldr Brian Relf, 2014-02-22 The history of DOGH Macdonnell Gardens Created as a community of homes on the outskirts of Watford England for disabled married officers and their families after WW1 and from which assistance could be given to get them back into employment Priority was given to career officers suffering from mental trauma The project was patronised by royalty and supported by major industrialists initially and administered for many years by the Officers Association until Haig Housing Trust became the sole Trustee in 2011 This is the black and white paperback edition a full colour hard cover edition and an ebook are also available **Proposed Water Treatment Residuals Management Process for the Washington Aqueduct** ,2005 **Transactions of the Annual Meeting of the Orthopaedic Research Society** Orthopaedic Research Society. Meeting, 2004 Consists of the transactions of the 22nd annual meeting of the society **Questions in pure mathematics proposed at the B.A. and B.Sc. pass and honours examinations of the University of London with complete solutions by J.E.A. Steggall** London univ, exam. papers, John Edward A. Steggall, 1882 **Osteoarthritis** Leena Sharma, Francis Berenbaum, 2007-01-01 This new companion to

Hochberg et al's Rheumatology masterwork presents current insights into the causes detection and therapy of this condition It provides one stop coverage of scientific and clinical developments including new concepts in epidemiology and genetics and pathogenic mechanisms new developments in diagnostic interventions and prevention and the very latest concepts in treatment Features the work of leading experts in osteoarthritis Presents current diagnostic criteria and knowledge of pathogenic mechanisms Discusses the very latest advances in treatment including pharmacologic interventions Provides new concepts in epidemiology and genetics of osteoarthritis including modifiable and non modifiable risk factors

Mathematical Questions and Solutions ,1864 *Mathematical Questions and Solutions* W. J. C. Miller,1864 *The Pacific Reporter* ,1908 **Kenya Gazette** ,1996-08-02 The Kenya Gazette is an official publication of the government of the Republic of Kenya It contains notices of new legislation notices required to be published by law or policy as well as other announcements that are published for general public information It is published every week usually on Friday with occasional releases of special or supplementary editions within the week **The Encyclopaedia Britannica** ,1842 **The Complete Guide to Open Scholarship** Victoria Martin,2022-05-24 Choice Outstanding Academic Title 2023 Offers librarians an authoritative overview of the full spectrum of significant issues and controversies related to open scholarship in a candid and fair minded manner There has long been a debate about openness in scholarship and even the term itself continues to be debated Openness is a complex and multidimensional concept and its nature in scholarship continually evolves One of the hindrances to the transition to greater openness in academia is this lack of clear understanding about how it fits into the practice of scholarly communication To ensure that librarians as knowledge managers can better educate scholars about the benefits and challenges of open scholarship Victoria Martin's The Complete Guide to Open Scholarship brings clarity to the concept of openness tests assumptions concerning it and strikes the right balance between breaking down complex ideas into simpler ones and honoring the reader's intelligence and previous knowledge of the subject Readers will learn the history of openness in scholarship as well as several ways in which openness can be perceived Drawing on specific examples Martin discusses the most prominent scholarly models based on openness barriers to openness concerns about openness in scholarship and the future of open scholarship **British Medical Journal** ,1901 From Health Behaviours to Health Practices Simon Cohn,2014-08-25 A wide range of international contributions draw on theoretical and empirical sources to explore whether alternatives exist to both conceptualise and conduct research into what people do and don't do in relation to their health and experiences of illness Presents a collection of international contributions that complement as well as critique dominant conceptualisations of health behaviour Includes a wide range of both theoretical perspectives and empirical cases Reasserts the unique contribution social sciences can make to health research Challenges assumptions about the usefulness of the concept of health behaviour A timely publication given the rise of chronic and lifestyle diseases and the resulting changes in global health agendas **Energy Research Abstracts** ,1993 **Diets that Work** Deralee Scanlon,Larry

Strauss,1992 This book evaluates popular weight loss programs 48 with the idea that each dieter must take responsibility for fitting a healthy practical diet into his her lifestyle and usual eating habits The author provides an overview how the diet works nutritional evaluation cost practicality and lifestyle modificaitons needed

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Oa Suggested Meeting Format**

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