

Thanksgiving Meeting Format

7:00 AM to 9:00 AM

Overeaters Anonymous

Louisville Metro Intergroup

1. “Welcome to the Thanksgiving Morning meeting of Overeaters Anonymous. My name is _____ and I am a compulsive overeater and your leader for this meeting.”
2. “Will those who wish, please join me in the Serenity Prayer...God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”
3. “Are there any compulsive overeaters here besides myself?”
4. “If you are an OA member visiting from another area please tell us your first name so we can welcome you.
5. “Is there anyone here for their first, second or third OA meeting? Would you please tell us your first name so we can welcome you.
6. The 7:00 AM Thanksgiving Meeting is a long standing OA tradition in Louisville. Members find it helpful to connect with other compulsive overeaters to gather experience, strength and hope to carry them through the day. The fellowship within the room, the love in our hearts for our fellow OA’s gathered here and the gratitude expressed in the meeting helps members to begin the day spiritually connected. Through this spiritual connection, members find it easier to take the focus off the food and themselves on Thanksgiving.
7. **Pass the “We Care List”**. I am passing “we care list ” for those who did not sign when they arrived. When the lists come back around, I will pass them again so you can get names and numbers.
8. **SEVENTH TRADITION:** According to our 7th Tradition, we are self-supporting through our own contributions. Today’s 7th Tradition contributions will ensure this meeting can send a donation to the church for use of this space today and to buy the refreshments. Remaining money will be donated to the Louisville Metro Intergroup. I will pass the basket for those who have not contributed when they arrived.

ANNOUNCEMENTS:

A) We will break for 10 minutes at 8:55 AM.

B) I want to thank Monday, Tuesday and Thursday meetings that meet at this church for hosting the Thanksgiving Meeting.

C) **“Are there any OA announcements?”**

9. **READINGS:** Have someone read--

The 12 Steps

Acceptance in the BB (the long form)

9. There are two topics for this meeting. Share on **Gratitude and/or Holiday Experience, Strength and Hope.** The Leader will share for a couple of minutes followed by individual sharing by members.

10. 8:54 AM stop for break. Remind latecomers that there is a basket on the table near the door for the 7th Tradition.

11. 8:05 AM open second session (same topics).

Say Serenity prayer

12. **CLOSING:** Voices of Recovery November 27th on page 332

13. **PRAYER:** First, ask people to stay and put room in order after the prayer.

Will everyone stand and join hands. Say OA's Promise.

(copies will be at each table)

OA's Promise

I put my hand in yours and together we
can do what we could never do alone.

No longer is there a sense of hopelessness;
no longer must we each depend on our own unsteady willpower.

We are all together now, reaching out our
hands for power and strength greater than ours and,
as we join hands, we find love and understanding
beyond our wildest dreams.

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