

This literature has been locally produced by Overeaters Anonymous Great Britain and approved on 20th October 2013. The content reflects the experience, strength and hope of our local members. It is not OA Conference- or board-approved and does not represent OA as a whole.



12 STEPS IN 12 WEEKS

OA BIG BOOK STUDY

FORMAT

Adapted from http://www.oa.org/pdfs/stepstudy_format1.pdf

SAMPLE SECRETARY NOTES

Note: It is suggested that the Secretary reminds the group before the start of each workshop that when reading from any AA literature, AA have asked us to read it as written in the original text and avoid changing the words 'alcohol' and 'alcoholic' to 'food' and 'compulsive eater' (see 'A Step Ahead', Third Quarter 2010, Vol. 14, Number 3, page 5).

SECRETARY NOTES FOR 12 MEETINGS

EXAMPLE 3 HOURS MEETING WITH AVERAGE 30 ATTENDEES

Note – If meeting is less than 3 hours or with fewer people please adapt the times accordingly.
This format is flexible – please adapt as necessary and as per group's own needs

TIME: 2pm

- ❖ Readings (suggested step study format) and OA announcements
- ❖ Anonymity code reading.

TIME: 2:15pm

- ❖ Secretary to ask people to go around the room and share their experience in the step in the previous week (please note that in the first meeting this can be used for people to introduce themselves and if they wish to share why they came to this event. (Time Keeper to time according to numbers – Average of 1 minute if meeting has more than 30 people).

TIME: 2:45pm

- ❖ Chair or BB Reading on the respective step for 15 minutes

TIME: 3:00pm

- ❖ Meeting is open for sharing on Chair, Step and or/ Big Book readings.

TIME: 3:40pm

- ❖ Suggested Break 15 minutes

TIME: 3:55pm

- ❖ Secretary to ask the group to divide themselves into groups (as many as needed) and distribute respective questions sheets to the appropriate groups.
- ❖ Secretary to suggest that each group elect 3 different persons within their groups: one to be the “time keeper” who watches overall time and individual shares; one to be the “recorder” taking notes on group's ideas to be reported back and one to be the “reporter”, who gives feedback to the larger group.

Groups A, B, C & D (see attached questions sheet)

TIME: 4:20pm

- ❖ Groups to share about their discussions. The “reporter” of each group to give feedback.

TIME: 4:50pm

- ❖ Summary of Step and remind the group of readings for the following week.

TIME: 4:55pm

- ❖ Remind group of Anonymity Code and close with the Serenity Prayer.