



Lifeline Meeting Format

(Numbers refer to segments in the *Suggested Meeting Format* available from the WSO; please refer to this format if you do not have opening and closing standards in your own group.)

1. “Welcome to the _____ *Lifeline Discussion Meeting* of Overeaters Anonymous. My name is _____. I am a compulsive overeater and the leader for this meeting.”

2–13. Refer to the *Suggested Meeting Format* or use your group’s choice of opening remarks.

14. “*Lifeline* was OA’s worldwide journal published ten times a year. In this meeting, we read and discuss *Lifeline* articles written by our fellow OA members. By printing our stories in *Lifeline*, we carried the message far beyond the meeting level to overeaters everywhere. Through *Lifeline*, we shared our experience, strength, and hope with members who both can and cannot attend meetings; with those in remote areas, institutions and foreign countries; and with those outside the Fellowship.

“When we hold a *Lifeline* Discussion Meeting, we are, in a sense, meeting with OA members from around the world. We are able, through *Lifeline*, to bring fresh experiences and renewed strength and hope into our home meeting. We broaden the extent of our knowledge and caring within the Fellowship and gain new perspectives on our recovery.

“Remember that *Lifeline* articles reflect the opinions of the authors and publication of any article does not imply endorsement, either by Overeaters Anonymous or *Lifeline*.”

Reading: Choose readings that will provide good subjects for discussion. (It is always nice when a long reading is shared, so that many can participate and the sound of the same voice doesn’t become dulling.)

Some suggestions:

- Read some of the articles mentioned in “For Discussion and Journaling.”
- Pick a topic that *Lifeline* has featured and read several articles on that same topic. Think up motivating questions about the subject.
- Pick a topic that has aroused interest recently in your group and locate articles from a variety of *Lifeline* issues.

Discussion:

- Use the “For Discussion and Journaling” section of *Lifeline* to help get ideas for discussion.
- Read the articles yourself, and jot down questions and comments that come to your mind; use these to spark comments from others.

15. Follow the “Suggested Guidelines for Sharing” in the *Suggested Meeting Format* or the sharing guidelines your group has chosen.

Optional writing: Ask each member to write on a topic of discussion from the previous session and sign their initials. Collect the writings and save them to reread later. This works best if the topic is not too broad. Instead of writing about relapse as a whole, for example, write on how one prevents relapse every day.

Optional Lifeline promo: Make this an opportunity to read something short and positive from *Lifeline* to end the previous session, such as a positive “Share It” letter. Then take the opportunity to open a copy of *Lifeline* and show some of the featured sections. Mention the different departments and describe them briefly, indicating any that are new.

Tell how *Lifeline* informed us about the organization and service structure of OA, as well as published stories of personal recovery written by OA members.

Show how a person could have a meeting with *Lifeline*, using the Steps and Traditions, the Serenity Prayer on the back and the recovery articles, along with the “For Discussion and Journaling” feature.

“Thank you for allowing me to introduce you to our OA publication. If you would like to volunteer to lead a *Lifeline* Discussion Meeting, contact me after the meeting.”

16. Follow the *Suggested Meeting Format* or use your group’s customary closing procedure.

Lifeline

OA’s worldwide magazine filled with new perspectives on issues you face daily