

# Strong Meeting Checklist

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The Strong Meeting Checklist was part of OA's 2008–2013 Strategic Plan. It is not enough to make the public aware that OA exists and can be a solution to compulsive eating; meetings have to be strong and must function effectively for people to “stay for the miracle” and for OA to continue to grow and be there for those who need it in the future. Consider doing an inventory of your OA meeting using this checklist.

1. Does our meeting start and end on time?
2. Are all attending, including newcomers, greeted and made to feel welcome and accepted?
3. Does our meeting focus on OA recovery through the Twelve Steps and Twelve Traditions?
4. Do we offer our own experience, strength, and hope, sharing the solution we have found?
5. Is the group contributing financially to all levels of OA service as per our Seventh Tradition?
6. Are sponsors available and identified at the meeting?
7. Does our group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting?
8. Does our group follow a meeting format?
9. Is only OA-approved literature on display and for sale?
10. Does our group welcome and support individual members who use a variety of OA-approved literature?
11. Are group conscience meetings held regularly?
12. Are all service positions filled, and is rotation of service practiced?
13. Is our meeting information readily available, and is the World Service Office informed of all meeting details and changes so that newcomers and visitors can find our meeting?
14. Are cross talk and advice-giving avoided?

## **OA Responsibility Pledge**

Always to extend the hand and heart of OA  
to all who share my compulsion;  
for this I am responsible.

OA Board-approved  
Overeaters Anonymous®, Inc.

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