

Different Types of OA Meetings in Santa Cruz County

Speaker Meetings

Speaker meetings have someone in OA share their experience, strength, and hope with a focus on recovery in OA. Often the speaker shares for 10-15 minutes, picks a topic for discussion (again related to OA or OA recovery), and then invites others to share. Members are invited, but not required, to share.

Literature or Book Study Meetings

In OA we have a variety of books and pamphlets that are approved by OA World Service and can be read and discussed at meetings. Some meetings define themselves as “literature study” meetings, where the group may discuss various OA literature from week to week. Some of the books that we have and use in some of our meetings are: *Tools of Recovery*, *Voices of Recovery*, AA’s “12 & 12” study, and *For Today*. Lifeline is a monthly magazine published by OA world Service and that many members subscribe to and read at some of our meetings.

Specific Focus Meetings

Some of our meetings have a specific focus such as our Young Persons meeting (although anyone is welcome to attend) and our Writing meeting, where we write on our recovery in OA and/or the various things that impact our recovery in OA.

The 90-Day Format meetings are also a special focus group of Overeaters Anonymous. At a 90-day format meeting it is suggested that only those with three or more months of continuous “90-day” format abstinence share their experience, strength and hope. OA as a national organization does not endorse any specific food plan, but many of the members in this focus group practice a particular program of abstinence, which is known as the 90-day format. In addition, many of us have come to understand and refer to ourselves as food addicts.

And finally, some of our meetings are a combination of any of the above.

See the OA Santa Cruz meeting schedule, which lists our meetings and their focuses.