

## **Meetings**

Meetings are gatherings of two or more compulsive overeaters who come together to share their personal experience, and the strength and hope OA has given them. There are many types of meetings, but fellowship with other compulsive overeaters is the basis of them all. Meetings give us an opportunity to identify our common problem, confirm our common solution through the Twelve Steps and share the gifts we receive through this program. In addition to face-to-face meetings, OA offers telephone and online meetings that are useful in breaking down the deadly isolation caused by distance, illness or physical challenges.