

## **FRIDAY 9:00 (Pacific Time) OA Meeting**

**Welcome to the Friday, 9AM meeting of Overeaters Anonymous. My name is \_\_\_\_\_ . I am a compulsive eater and your leader for this meeting.**

**Will those who wish, please join me in the Serenity Prayer: *God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.***

**As we extend the heart and hand of the OA Fellowship to those who still suffer, let us be mindful of OA's Unity with Diversity Policy, which respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation or any other trait.**

**Are there any other compulsive eaters here besides myself? Is there anyone here for the first, second or third time? Would you please tell us your first name so we can welcome you? If you are returning to OA or are visiting from another area, please tell us your first name so we can also welcome you. (Please welcome each person by name.)**

**We encourage you to:**

- get a sponsor to help guide your recovery;**
- develop a plan of eating and, if you wish, write it down and report daily to your sponsor; and**

- **read OA approved literature to develop a working knowledge of OA's Twelve Steps and Twelve Traditions.**

**THE FOLLOWING IS THE OA PREAMBLE:**

**Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organizations, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer. (If the LEADER wishes, ask someone to read "OUR INVITATION TO YOU.")**

**Would someone please read the Twelve Steps of OA?**

**Thank you. Who would like to read The Twelve Traditions of OA?**

**Thank you. THE FOLLOWING ARE THE DEFINITIONS OF ABSTINENCE AND RECOVERY IN OVEREATERS ANONYMOUS.**

**1. Abstinance: The act of refraining from compulsive eating and compulsive food behaviors while working toward or maintaining a healthy body weight.**

**2. Recovery: Removal of the need to engage in compulsive eating behaviors. Spiritual, emotional and physical recovery is achieved through working and living the OA Twelve Step program.**

**TOOLS: The OA Tools of Recovery help us work the Steps and refrain from compulsive eating. The nine Tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, an action plan, anonymity, and service. For more information, read the Tools of Recovery pamphlet.**

**SPONSORS: Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the Twelve Steps and Twelve Traditions to the best of their ability. Sponsors share their program up to the level of their experience, and they strengthen their recovery through this service to others. To find a sponsor, look for someone who has what you want and ask how he or she is achieving it. Will all abstinent sponsors please identify themselves?**

**Thank you. The format of this meeting is to read OA literature. Today we are reading**

**\_\_\_\_\_ . Per group conscience you may read a paragraph or two and then share, if you wish. If a newcomer is present, the group voted to read Step One including the “Introduction to the Twelve Steps”. Everyone is invited to read and/or share but may pass if they choose. Feedback, cross talk and advice-giving are discouraged here. Cross talk during an OA**

meeting is giving advice to others who have already shared, speaking directly to another person rather than to the group, and questioning or interrupting the person speaking or sharing at the time. Our suggested guidelines for sharing are these: As you share your experience and strength in OA, please also share your hope. Please confine your sharing to your experience with the disease of compulsive eating, the solution offered by OA, and your own recovery from the disease, rather than just the events of the day or week. If you are having difficulties, share how you use the program to deal with them. If you need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting.

## **WHO WOULD LIKE TO BEGIN?**

**(At about 9:55AM) It is now time to begin our closing. Our 7th Tradition states that we are self-supporting through our own contributions. We encourage OA members to give as much as they are able, to help our group pay its rent and purchase literature. If you are a newcomer, we suggest you purchase literature instead of contributing as we pass the basket.**

**May we please have reports from the Secretary, Intergroup Rep, or Treasurer?**

**Thank you. By following the Twelve Steps, attending meetings regularly, and using the OA Tools, we are changing our lives. You will find hope and encouragement in Overeaters Anonymous. To the**

**newcomer, we suggest attending at least six different meetings to learn the many ways OA can help you. Please check our website at [www.desertoa.org](http://www.desertoa.org) or the World Service website at [OA.org](http://OA.org). The opinions expressed here are those of individual OA members and do not represent OA as a whole. Please remember our commitment to honor each other's anonymity. Whom you see here, what you hear here, when you leave here, please let it stay here. Let us all reach out by phone or email to newcomers, returning members and each other. Together, we get better.**

**Thank you for asking me to lead. We encourage rotation of service--who would like to lead next week?**

**After a moment of silence, let's say the OA Responsibility Pledge and a prayer of our choice.**

**ALWAYS TO EXTEND THE HAND AND HEART OF OA TO ALL WHO SHARE MY COMPULSION. FOR THIS I AM RESPONSIBLE. (Please select a closing prayer: Serenity Prayer, Third Step Prayer, Seventh Step Prayer, or the OA Promise..."I put my hand in yours.....")**

**Updated: May 6, 2023**