

## **Monday Night 5:30 Yucca Valley meeting of OA format**

**Zoom No: 866 892 430 - Passcode: 12x12**

Leader: Its time to begin the meeting. Will everyone please mute and only unmute yourselves when its time to speak. Thank you

Welcome to the 5:30 Yucca Valley meeting of OA. This is a literature meeting and we rotate literature periodically. Currently we are reading \_\_\_\_\_. If you do not have the book someone can read for you or you can choose to share on the previous readings.

Lets start with the Serenity Prayer: God grant me the serenity to accept the things we cannot change the courage to change the things we can and the wisdom to know the difference.

Is there someone here who is new to the program or this meeting? Welcome! Is anyone participating from outside of the Coachella or Morongo Valley ? Please introduce yourselves. Welcome.

QA preamble Overeater 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 organization, political movement, ideology, or religious doctrine, we take no opinion 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 12 steps of OA to those who still suffer,

Will someone volunteer to read the 12 steps of OA

Will someone volunteer to read the 12 traditions

Leader: We will now begin reading from----- on page---. We read one or two paragraphs and then share about the reading if you choose to and will someone please volunteer to start.

End sharing at 6:25 Announcements from secretary or UDDI rep

Thanks to all who shared and remember the importance of anonymity. End with the The OA Responsibility pledge and prayer of your choice.

Updated: May 6, 2023