

Welcome to Overeaters Anonymous Wednesday 4PM meeting

My name is _____ and I am a _____.

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 the wisdom to know the difference.

[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 organization, 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.

Now let's go around the room and introduce ourselves. Would anyone new OA, or visiting from another area please say your first name, so we may get to know you better? Thank you, everyone. If you are new to the OA Program we suggest you find a sponsor to help guide your recovery. Would all available sponsors please identify themselves?

Ask someone to read "How it Works" from Chapter 5 (page 58 - AA Big Book) ending with the top paragraph of page 59.

Ask someone to read the 12 Steps of Overeaters Anonymous.

Ask someone to read the 12 Traditions of Overeaters Anonymous.

The following is the definition of "ABSTINENCE" and "RECOVERY" in OA: Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.

We give chips at this meeting. If you are new, please let us know and we will give you a welcome chip. If you have time in program (3, 6, 9 months or more, or an anniversary) please let us know and we will give you a chip.

We will send the chips around to add our love and the secretary/chip person will present the chip to you after the reading.

How our meeting works: The focus of our meeting is the guidelines for recovery as outlined in the Big Book of Alcoholics Anonymous. The AA Big Book is OA approved literature with the understanding that we read it exactly as written. It is suggested that we share for approximately 2 minutes on the passage that was read. If another member would like to share about what has been read, please raise your hand and the leader will call on you.

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/sharing at the time. We are happy to have further discussion or answer questions after the meeting.

Who would serve as our timekeeper today? - Thank you ____.

At 4:50pm: We will now begin closing the meeting. Thank you for allowing me to be the leader. We now ask our trusted servants for announcements and reports. (Pause for announcements from Secretary, Treasurer, Intergroup Rep.)

As we pass the basket, please remember our 7th Tradition which states that we are self-supporting through our own contributions. Donations cover our rent, which is \$15.00 per week, as well as supporting the service bodies of Intergroup, Region 2, and World Service Office. We ask you to contribute as generously as you are able; however, we need you more than your funds. A sponsor is someone to guide you through the Twelve Steps. We ask sponsors to once again raise their hands so a newcomer will know who may be available.

To close, we ask someone to read, "A Vision for You," - page 164 in the Big Book, beginning with the words, "Our book is meant to suggest only...."

Please join me as we close with the "OA Responsibility Pledge" followed by the "The Promises" written by our founder Rozanne S.

Updated: May 7, 2023