Tuesday 5:30 pm (PST) OA Zoom Meeting

“Welcome to the Tuesday 5:30 pm meeting of Overeaters Anonymous. My name is _____. I am a compulsive overeater 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 the wisdom to know the difference.”*

“To preserve our eleventh tradition of anonymity, we request no recording or screenshots of any kind at this meeting, no screen display of last names, and we suggest your video remain on unless you are moving about, eating, or doing anything else that might be distracting. If others can hear what is being said, please use headphones.”

“Are there any compulsive overeaters here besides myself? Is there anyone new to this meeting, returning to OA, or in their first 90 days?”

Read if there are any newcomers: “If you like, would you please tell us your first name so we may welcome you.” [Welcome each person by name.] We welcome all newcomers to stay after the meeting ends to answer any questions you may have about the program. 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 the Twelve Steps and Twelve Traditions.”

“Welcome, everyone. Would someone please read the OA preamble?”

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.

“Thank you. Would someone please read the 12 Steps of Overeaters Anonymous?”

Twelve Steps

1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

“Thank you. Would someone please read the 12 Traditions of Overeaters Anonymous?”

TWELVE TRADITIONS

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

“Thank you.”

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.

(Tools) “The OA Tools of Recovery help us work the Steps and refrain from compulsive overeating. 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. 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 by placing your name and phone number in the chat?”

“This is a literature meeting. We alternate between “Seeking The Spiritual Path” book, and the OA 12 & 12. We encourage all members to bring their books and participate. Each person may choose to read or pass.”

“This meeting discourages cross-talk, which includes giving feedback or advice, speaking directly to another person rather than to the group, and questioning or interrupting the person actively sharing.”

> *Note (information only, you don’t have to read this):*
> *1st, 3rd and 5th Tuesday of the month: Seeking The Spiritual Path*
> *2nd Tuesday: Step that corresponds to the month*
> *4th Tuesday: Tradition that corresponds to the month.)*

“Today is the ___ Tuesday of the month, so we will be reading _____.
Next week we will be reading the _____ book.”

> **(If reading Seeking The Spiritual Path)**
> “We will read until approximately 6 pm. Each reader is asked to read a paragraph or two, and if they choose, share on what they read. Others may then share, following which, reading will continue.
> We are on the story titled _____, page ___, paragraph ___. Who would like to begin?”

> **(If reading the Step or Tradition)**
> “Each reader is asked to read a paragraph of two until the (step/tradition) is complete, after which the meeting will be open for sharing. Who would like to begin with reading?”
> **(After reading is done)** “We will now open the meeting for sharing. If you would like to share, simply unmute yourself and begin sharing. Who would like to begin sharing?”

(At approximately 6:25 pm) “It is now time to begin our closing.”

(**Seventh Tradition)** “According to our Seventh Tradition, we are self-supporting through our own contributions. We encourage OA members to give as much as they are able to help our group be self-supporting. See the links in chat for ways to donate, and reach out to our treasurer if you have any questions. **[Treasurer puts links into chat]**

(Reports) Can we have the secretary’s announcements, please? **[Secretary will call on each service position for their report: Newcomer Greeter, Treasurer, Intergroup Rep, Literature Person]**

“Thank you for your service.”

(Closing) “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. The opinions expressed here today 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, 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 allowing me to be your leader. We encourage rotation of service at this meeting. Who would be willing to serve as our leader next week?” **If no one volunteers:** “We can choose someone at the beginning of the next meeting.”

(At the end of each month) “Who would be willing to serve as our Zoom host next month?

“After a moment of silence, can I get a volunteer to say the OA responsibility pledge and the prayer of your choice? We ask that everyone else remain muted. Thank you.”

(OA Responsibility Pledge)
Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

“Please join me in the _____.” **[Select one of the following suggested closings]**

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.”

Third Step Prayer
God,
I offer myself to Thee
To build with me & to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
That victory over them may bear witness
To those I would help of Thy Power,
Thy love & Thy way of life,
May I do Thy will always!

Seventh Step Prayer
My Creator,
I am now willing that you should have all of me, good & bad.
I pray that you now remove from me every single defect of character
Which stands in the way of my usefulness to you & my fellows.
Grant me strength, as I go out from here to do your bidding.

OA Promise
I put my hand in yours, and together we can do
what we could never do alone.
No longer is there a sense of hopelessness,
no longer must we each depend
upon our own unsteady willpower.
We are all together now,
reaching out our hands for power and
strength greater than ours, and as we join hands,
we find love and understanding
beyond our wildest dreams.

“Thank you. This concludes our meeting. Does anyone have any questions?”