

**Palm Desert 9:30AM Saturday
OA Big Book Meeting (Zoom # 728 994 420)**

- 1. LEADER: Welcome to the Saturday Overeaters Anonymous AA Big Book Study. My name is _____, I am a compulsive eater and your leader for this meeting.**
- 2. Please Join me in opening our meeting with 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.**
- 3. After the meeting, we will have online fellowship for 15 minutes. We ask that everyone now mute themselves.**
- 4. Who would like to volunteer to be the timer for us today?**
- 5. Are there any other compulsive eaters here today?**
- 6. If you are new to this meeting or to OA, please unmute yourself and tell us your first name and where you're from. We welcome newcomers and visitors and hope you'll stay for fellowship after the meeting. We can also answer questions then.**
- 7. The OA Preamble: Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive eating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our contributions, neither soliciting nor accepting outside donations. OA is not affiliated with 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 to carry the message of recovery through the Twelve Steps of OA to those who still suffer.**
- 8. Will someone please read the "12 Steps of Overeaters Anonymous"**
- 9. Will someone please read the "12 Traditions of Overeaters Anonymous"**
- 10. In working the OA's 12-Step program of recovery from compulsive eating, we have found a number of TOOLS to assist us. We use these tools regularly to help us achieve and maintain abstinence and they are: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity and service. For more information please read the "Tools of Recovery" pamphlet.**
- 11. 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.**
- 12. We are meeting here this morning to study the Big Book of Alcoholics Anonymous (4th edition) as it applies to compulsive eating, beginning with the leader. Each member who reads may then share about what they have read or about a passage previously read. Please feel free to pass if you do not wish to read or share. Kindly limit your sharing to 2-3 minutes as a courtesy to others. We will use a timer that will remind you when the time has elapsed. Please remember as a courtesy, there is no crosstalk.**

- 13. Our meeting studies the Big Book of Alcoholics Anonymous (4th edition), as it applies to compulsive eating. We suggest reading two paragraphs and then share on the passage. Feel free to pass if you choose not to read or share. A timer is used to keep our shares to 2-3 minutes. Thank you. As a courtesy, we ask that there be no crosstalk. The leader will begin on page _____. If you wish to take a turn, please raise your virtual hand or wave.**
- 14. (LEADER: Please stop the reading at 10:10AM.) We will now stop our reading to allow more people to share. Would the Secretary please note where we stopped? Thank you. Who is next?**
- 15. (At 10:20A) It is now time to stop sharing. May we have reports from the "Secretary", "Treasurer" and the "Intergroup Rep"?**
- 16. Our 7th Tradition states that we are self-supporting through our own contributions. You may make direct donations to our Intergroup (Unity with diversity Desert Intergroup). Go to desertoa.org or to Region 2 oar2.org or World Service oa.org If you would like to purchase literature go to the OA World Service website at bookstore.oa.org**
- 17. On the last Saturday of the month we will have speaker who will share his/her experience.**
- 18. And on the 3rd Saturday of the month our Intergroup will meet at 11:00AM.**
- 19. I wish to thank all of you who shared. Please remember our cherished tradition of anonymity: What you hear here, whom you see here, when you leave here, let it stay here.**
- 20. Will someone please read "the Closing" on page 86 (OA 12x12 - second edition - last paragraph (Those us who live..... to end) or "The Promises" on page 83 - "Big Book of Alcoholics Anonymous - 4th edition last paragraph" - (If we are painstaking....to..... always materialize if we work for them)?**
- 21. The opinions expressed here today by those who shared are our own, and not necessarily of OA as a whole. Thank you for allowing me to be of service as your leader today. Would someone like to volunteer to be the leader next week?**
- 22. After a moment of quiet meditation, for those compulsive eaters who are still suffering (both in these rooms and out there) will those of you who wish, please join us in reciting the "OA Responsibility Pledge" and then "I Put My hand in Yours" written by our founder Rozanne S.**

Updated: May 6, 2023