

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

1. LEADER: Welcome to the Saturday Overeaters Anonymous Speaker Meeting. 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 things I can,
and wisdom to know the difference.**

3. By consensus, we will be holding fellowship online after the meeting - until about 10:45AM. We ask everyone to please mute themselves now. Thank you.

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 if this is your first OA meeting, please unmute and tell us your first name and where you are from so we may get to know you.

7. We welcome the Newcomers and Visitors! We have an “after the meeting chat” and, if you have questions, we will be glad to answer them.

8. 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.

9. Will someone please read the “12 Steps of Overeaters Anonymous”

10. Will someone please read the “12 Traditions of Overeaters Anonymous”

11. 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.

- 12. 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. (WSBC 2021)**
- 13. I am now going to introduce our speaker: _____. The speaker will speak for _____ minutes. (Ask the speaker if he/she is willing to answer questions when finished speaking.) I would like to thank our speaker. We all appreciate your sharing at our meeting.**
- 14. It is now time for sharing. If you would like to share, please raise your hand and wave or raise your virtual hand.**
- 15. LEADER: (at 10:20AM) - is now time to stop sharing. May we have reports from the “Secretary”, 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 3rd Saturday of the month our Intergroup will meet at 11:00AM. Everyone is welcome to attend.**
- 18. I wish to thank all of you who shared and especially our speaker _____. Next week we will be reading out of the AA Big Book and sharing.**
- 19. 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 of us who live.....to the 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.**

Updated May 6, 2023