

Thursday 7pm Meeting of Overeaters Anonymous

(updated April 2020)

Zoom information for Host:

- Zoom Meeting ID: ***** 889
- Password: *****
- At the bottom of screen, look for “Participants” tab. Click on “Claim Host”
- Choose a Co-Host. When you join the meeting, Under the “Participants” tab, find their name, and with a pop up that appears as you scroll by their name, click on the option to make them a Co-Host. (This way if the host is occupied, e.g. reading the format, the Co-Host can mute someone if necessary.)
- Once you have claimed the Host role, the ^ icon will appear next to the “Screen Share” tab. Click on that and make sure that only the host can share is selected.
- Host has the ability to Mute all, or Unmute all. Probably a good idea once the meeting starts to Mute all, then when someone wants to speak, they can simply Unmute themselves.
- Have fun.

1. *“Welcome to the Thursday evening meeting of Overeaters Anonymous. My name is . I am a compulsive eater and your leader for this meeting.”*
2. *“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 wisdom to know the difference.”*
3. *“As we extend the heart and hand of the OA Fellowship to those who still suffer, let us be mindful of OA’s Unity With Diversity Policy, which respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at this meeting. Are there any compulsive eaters here besides myself?”*
4. *“We will now go around the room and introduce ourselves. Please tell us if you are new or returning to OA or are visiting from another area, so we can welcome you.”*
[Welcome each person by name.]

5. "The following is the **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."*

6. [Ask someone to read "**Our Invitation to You**" or "**How It Works**" (p. 58-60 in Alcoholics Anonymous), which includes the Twelve Steps.]

7. [Ask someone to read **The Twelve Traditions of Overeaters Anonymous**, or Tradition of the month.]

8. **STATEMENT ON ABSTINENCE AND RECOVERY:** *"Abstinence in Overeaters Anonymous 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 the Overeaters Anonymous Twelve Step program."*

9. **SPONSORS:** *"Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the Twelve Steps and Twelve Traditions to the best of their ability. Sponsors share their program up to the level of their experience, and they strengthen their recovery through this service to others. To find a sponsor, look for someone who has what you want and ask how he or she is achieving it."*

10. **LITERATURE:** *"Only OA-approved literature is displayed at this meeting. Many OA members find that reading our literature on a daily basis further reinforces how to live the Twelve Steps."*

11.REPORTS: *“Are there any reports or announcements related to this meeting, or OA in general?”*

12. MEETING SUBJECT: Our meeting topic varies each week:

- Week 1: we read the Step of the month from the OA “Twelve and Twelve”
- Week 2: we read a story from the Big Book Alcoholics Anonymous
- Week 3: we read the Step of the month from the AA “Twelve and Twelve”
- Week 4: we read another selection of OA-approved literature, or find a speaker to share his/her story
- (If there is a 5th week, it is the leader’s choice.)

Please see the calendar for today’s topic. Tonight we are reading _____ which begins on page _____. We will go around the room and read a paragraph or more, you may pass if you wish. We will read until 7:30, then open the meeting for sharing. Who would like to begin reading?”
[read chapter/selection as a group until 7:30, then open the meeting for sharing]

13.SEVENTH TRADITION: *“According to our Seventh Tradition, we are self-supporting through our own contributions. Expenses are rent and literature. We strive to send contributions to Northern Colorado Intergroup, the World Service Office, and Region 3 to help carry the message to other compulsive overeaters. World Service suggests a donation of \$5.00 or more. Newcomers are encouraged not to donate, as these first few meetings are on us. We are also passing the calendar so that members may sign up to lead a meeting.”*

14.SUGGESTED GUIDELINES FOR SHARING: *“We will now open the meeting for sharing. You are welcome to share on today’s subject or another topic related to your recovery from compulsive eating. As you share your experience and strength in OA, please also share your hope. Please confine your sharing to your experience with the disease of compulsive eating, the solution offered by OA, and your own recovery from the disease, rather than just the events of the day or week. If you need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting. As your leader, I will gently remind members to adhere to these sharing guidelines.”*

15. *“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. A timer will be used with groups of eight or more to allow everyone time to share. Everyone is welcome to share, who would like to begin?”* [leader calls on members to share, and asks for someone to time if necessary]

16. **CLOSING:** [begin closing at 7:55]

“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.

17. *“We will close with the reading from The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 86, the last two paragraphs, starting with “We who began...”* [Alternatively, leader may choose Ninth or Tenth Step Promises to be read]

18. *“Thank you all for being here and allowing me to be your leader. After a moment of silence, will those of you who wish please join us in the Third Step Prayer.”*