

1. Welcome to the Fort Collins Saturday 10:00 a.m. meeting of Overeaters Anonymous.

My name is _____, and I am a compulsive overeater and your leader for this meeting.

In consideration of all present, please be sure cell phones are turned off. Please also make sure phones are stored in a location, such as off the table, that if they vibrate, they don't disturb the meeting.

2. Will those who wish to 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 overeaters here beside myself?

Is there anyone here for a first, second or third time?

If there is:

- Would you please tell us your first name so we can welcome you?
- If you are returning to OA or are visiting from another area, please tell us your first name so we can also welcome you.
- Our newcomer greeter will talk with newcomers and returning members after the meeting if you would like to stay.

We will now go around the room and all introduce ourselves.

If newcomers present: (SKIP IF NOT)

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.

Is there anyone here with either 30, 60 or 90 days, 6 or 9 months, 1 year or more of abstinence that would like a chip?

If so: leader acknowledges each person, gives them a chip and offers them the opportunity to share briefly on this milestone in their recovery.

4. 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 to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

5. Will someone please read "Our Invitation to You" or "How It Works?"

6. Will someone please read "The Twelve Steps of OA?"

7. Will someone please read "The Twelve Traditions of OA?"

8. TOOLS: 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 the Overeaters Anonymous Twelve Step program.' 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, anonymity, action plan and service. For more information, read the pamphlet 'Tools of Recovery.'

Would someone volunteer to briefly share on a tool of their choice.

9. SPONSORS: Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the Steps and Traditions to the best of their ability. Sponsors share their program up to the level of their experience and 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. Will all available sponsors please raise their hands?

10. We are passing around a sign-in sheet. We will pass the list a second time so you may take down names and numbers to call or email later. A master copy of a complete list of members' contact information is also available for review and is updated periodically if you wish to add your contact information to that list.

We are also passing around a calendar for you to sign up to chair future meetings. Anyone can chair, there are no requirements. If you sign up for the 5th meeting of the month, you will be responsible for getting a speaker. If there is no speaker available, the meeting returns to the discussion format.

11. 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. Meeting copies of *Lifeline* magazine are available to borrow and we ask that you please return them when you're done reading them.

12. REPORTS: Are there any OA reports or announcements?

The 3rd Saturday of the month is the treasurer report and the business meeting, we will close 10 minutes early if there are any business issues.

13. The 1st Saturday of the month is a Step Study from the OA 12 Steps and 12 Traditions, the 2nd week is a Big Book study (pages XXV-164), the 3rd Saturday is a discussion meeting, and 4th Saturday is a Traditions Study from the OA 12 Steps and 12 Traditions.

Following are the guidelines for sharing:

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. If you are having difficulties, share how you use the program to deal with them.

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 sharing. An example of speaking directly to another is to use a person's specific name rather than "I like or agree with what was shared."

Lastly, please refrain from whispering, side conversations, or other distractions during sharing. We give service by listening.

Does anyone have a topic for discussion?

14. SEVENTH TRADITION: According to our Seventh Tradition, 'we are self supporting through our own contributions.' Our group expenses are rent for the use of this room, literature and contributions to World

Service, Region III and Intergroup. We encourage OA members to give as much as they are able to help our group be self-supporting. We ask that newcomers not contribute until they have made a decision to join, but to purchase literature if they so desire.

15. We'd like to invite newcomers to share if they wish to do so.

16. CLOSING: By following the Twelve Steps, attending meetings regularly and using the OA tools, thousands have changed their lives. You will find hope and encouragement in Overeaters Anonymous. To the newcomer, we suggest attending at least six meetings before deciding if OA is for 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. 'What you see here, whom you see 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.**

As a reminder, please exit through the upstairs north doors or the back parking lot doors, as they are self-locking and this allows us to stay for fellowship if we so desire. Could we have 2 volunteers to stay and clean up? Be sure all windows are closed, air conditioning or heat adjusted, signs collected, and turn off any lights we have turned on.

Would someone please read: "The Promises" or "A Vision for You?"

17. Thank you for allowing me to be your leader. After a moment of silence, will those who wish to please join us in — (*closing of leader's choice*).

Suggestions: Serenity Prayer, the Seventh-Step Prayer, the Third-Step Prayer, or the OA Promise "I Put My Hand in Yours."