

Longmont OA Big Book Meeting

[3 pm]

Welcome to Overeaters Anonymous. I am _____ and I am a (recovered) compulsive overeater.

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.

[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.

Would those new to our meeting or new to OA please introduce themselves so we can get to know you better?

Are there any visitors from out of town?

Ask someone to read How it Works and the 12 Steps. (Chapter 5- Page 58)

Ask someone to read the 12 Traditions.

Let's go around the room and introduce ourselves and where we are from.

In keeping with OA's 7th tradition, every OA group ought to be self-supporting, declining outside contributions. (Pass the Basket and We Care List)

Are there any related OA announcements?

How our meeting works:

Our meeting focuses on the directions for recovery as outlined in the Big Book of Alcoholics Anonymous. We will read two paragraphs from the Big Book as written (changing alcohol to food only in your head), and then share on what was read. Anyone can share but we ask that you keep your share to the passage read and you keep your share to approximately two minutes. 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.

Who would like to be the spiritual timekeeper today?

**** For Zoom meetings: Please mute yourself if you are not sharing. ****

[3:50 pm] Would anyone like to share who has not had a chance?

Sponsorship is an important part to the program of recovery. A sponsor is someone who can guide you through the 12 steps or start you with the Doctor's Opinion. Sponsors are invited to please stand and introduce themselves at this time.

If you have any questions, want to get started with the Doctor's Opinion, or are seeking a sponsor please see these members.

Today's newcomer greeter is _____.

May I please have a volunteer to help set up for our next meeting?

[3:55pm - Close]

Will someone please read A Vision For You from page 164 in the Big Book?

Please join me as we close with the Serenity Prayer.