

Fort Collins Thursday Noon OA Zoom Meeting

NOTE TO THE LEADER: ALL TEXT IN ITALICS IS FOR YOUR INFORMATION AND DOES NOT NEED TO BE READ ALOUD.

WHILE THIS MEETING IS FOCUSED ON THE STEPS AND TRADITIONS, FEEL FREE TO USE ANY OF THE READING MATERIAL LISTED AT THE END OF THIS FORMAT, UNLESS THERE IS A NEWCOMER. IN THAT CASE, THE GROUP CONSCIENCE HAS AGREED WE SHOULD STICK TO READINGS FROM THE OA TWELVE AND TWELVE.

1) Welcome to the Thursday noon meeting of Overeater's Anonymous. My name is _____ and I am a compulsive overeater and your leader for this meeting. Out of consideration for others, please mute yourself when you are not sharing and turn off your video feed if you need to move around.

2) Will all those who care to please join me in a moment of silence followed by 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) *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 overeating and compulsive food behaviors and to carry this message of recovery through the 12 steps of OA to those who still suffer.

4) *IF THERE ARE NEW FACES IN THE MEETING:*

a) Let's take a moment to introduce ourselves. When I call on you, please tell us your name and where you are calling in from. As with everything in OA, identifying yourself as a compulsive overeater is optional.

b) Would someone please explain anonymity in their own words?

c) Please use the chat box to share your contact information if you are willing to have members contact you between meetings.

5) *TOOLS:*

a) 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 to work the Steps and refrain from compulsive overeating. The nine tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service.

b) Will someone please share on their experience with the tool of their choice?

6) a) Will someone please read the Twelve Steps?

b) Will someone please read the Twelve Traditions?

7) Are there any OA-related announcements? (*Hold a business meeting on the second Thursday of the month.*)

8) *ANNOUNCE TODAY'S READING:*

1st, 2nd, and 3rd Thursdays of the month: Step study (See calendar)

4th Thursday of the month: Tradition study (month plus or minus 6; ex: in Feb, 2 + 6 = tradition 8)

5th Thursday of the month: Big book reading, leader's choice

In this meeting, we study the steps and traditions of Overeaters Anonymous.

This week we are on _____ (*step or tradition*) and will be reading from _____ (*book: See list at end of this format for suggested reading material.*)

MEMBERS TAKE TURNS READING ALOUD FROM THE CHOSEN LITERATURE

9) *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 overeating, the solution offered by OA, and your own recovery from the disease, rather than just events of the day or week. 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 at the time.

IF THERE ARE NEWCOMERS: An example of cross-talk is saying, “Jane, I like what you said about forgiveness.” It is better to say, “I can relate to what has been said about forgiveness.”

We are now open for sharing on _____ (*today’s step or tradition*), or any other OA-related topic.

MEMBERS TAKE TURN SHARING THEIR EXPERIENCE, STRENGTH, AND HOPE

10) SEVENTH TRADITION: According to the seventh tradition, we are self-supporting through our own voluntary contributions. The money we collect goes to our local Intergroup, Region 3, and World Service. Our current treasurer _____ is accepting checks by mail. Members may also donate directly to OA service bodies or collect money in an envelope until this meeting is held in person again. Please contact the treasurer for more information on your donation options.

11) CLOSING: By following the Twelve Steps, attending meetings regularly, and using the OA tools, thousands have changed their lives. We offer hope and encouragement. The opinions expressed here 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 hear 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.

Thank you for allowing me to be your leader. After a moment of silence, will those who wish to please join me in _____ (*Choose one: Rozanne’s prayer “I put my hand in yours”, the Serenity Prayer, the Third Step Prayer, or the Seventh Step Prayer.*)

SUGGESTED READINGS

THE LEADER CHOOSES A READING FOR THE APPROPRIATE SUBJECT FROM THE LIST BELOW. YOU CAN ALSO USE THE INDEX IN THE DAILY READERS (*FOR TODAY* AND *VOICES OF RECOVERY*) TO FIND READINGS FOR SPECIFIC STEPS AND TRADITIONS. YOU CAN DO MORE THAN ONE IF THEY ARE ALL SHORT.

STEP ONE

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition
pp. 3–8 (“Step One”).

AA Twelve Steps and Twelve Traditions, pp. 21-24 (“Step One”)

Alcoholics Anonymous, Fourth Edition
pp. xxv–xxxii (“The Doctor’s Opinion”);
pp. 1–16 (“Bill’s Story”)
pp. 17–29 (“There is a Solution”)
pp. 30–43 (“More About Alcoholism”)

STEP TWO

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition
pp. 9–15 (“Step Two”)

AA Twelve Steps and Twelve Traditions, pp. 25-33 (“Step Two”)

Alcoholics Anonymous, Fourth Edition
pp. xxv–xxxii (“The Doctor’s Opinion”)
pp. 30–43 (“More About Alcoholism”)
pp. 550 – 551 (“I had no problem admitting...” to the end of the 1st paragraph at the top of the next page “...when I break out in a rash of self-will.”)

STEP THREE

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition,
pp. 17–24 (“Step Three”)

Overeaters Anonymous, Third Edition, pp. 201–202

Alcoholics Anonymous, Fourth Edition
pp. 44–57 (“We Agnostics”),
pp. 86- 87 (“On awakening let us think...” to the end of the paragraph at the top of next page “We come to rely on it.”)

AA Twelve Steps and Twelve Traditions, pp. 34–41 (“Step Three”)

Overeaters Anonymous, Second Edition, p. 15

STEP FOUR

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition,
pp. 25–37 (“Step Four”)

Overeaters Anonymous, Third Edition, p. 201–202

Alcoholics Anonymous, Fourth Edition, pp. 63–71 (Start at bottom of the
page, “Next we launched...”)

AA Twelve Steps and Twelve Traditions, pp. 42–54 (“Step Four”)

STEP FIVE

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition,
pp. 39–44 (“Step Five”)

Alcoholics Anonymous, Fourth Edition, pp. 72–75 (Stop at “hand in hand with the
Spirit of the Universe.”)

AA Twelve Steps and Twelve Traditions, pp. 55–62 (“Step Five”)

STEP SIX

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition,
pp. 45–49 (“Step Six”)

Alcoholics Anonymous, Fourth Edition, pp. 75–76 (From “Returning home...” to
“...we ask God to help us be willing.”)

AA Twelve Steps and Twelve Traditions, pp. 63–69 (“Step Six”)

STEP SEVEN

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition,
pp. 51–56 (“Step Seven”)

Alcoholics Anonymous, Fourth Edition, p. 76 (Seventh Step Prayer, 2nd paragraph)

AA Twelve Steps and Twelve Traditions, pp. 70–76 (“Step Seven”)

STEP EIGHT

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition,
pp. 57–62 (“Step Eight”)

AA Twelve Steps and Twelve Traditions, pp. 77–82 (“Step Eight”)

STEP NINE

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, pp. 63–67 (“Step Nine”)

Alcoholics Anonymous, Fourth Edition, pp. 76–84 (From “Now we need more action...” to “They will always materialize if we work for them.”)

AA Twelve Steps and Twelve Traditions, pp. 83–87 (“Step Nine”)

STEP TEN

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, pp. 69–74 (“Step Ten”)

Alcoholics Anonymous, Fourth Edition, pp. 84–85 (From “This thought brings us to Step Ten...” to “It is the proper use of the will.”)

AA Twelve Steps and Twelve Traditions, pp. 88–95 (“Step Ten”)

STEP ELEVEN

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, pp. 75–80 (“Step Eleven”)

Alcoholics Anonymous, Fourth Edition, pp. 85–88 (From “Much has already been said...” to end of p. 88)

AA Twelve Steps and Twelve Traditions, pp. 96–105 (“Step Eleven”)

STEP TWELVE

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, pp. 81–87 (“Step Twelve”)

Alcoholics Anonymous, Fourth Edition, pp. 89–103 (“Working With Others”)

AA Twelve Steps and Twelve Traditions, pp. 106–125 (“Step Twelve”)

TRADITIONS (ONE THROUGH TWELVE)

Readings for all the traditions can be found in the appropriate chapters in:

The Twelve Steps and Twelve Traditions of Overeaters Anonymous or
AA Twelve Steps and Twelve Traditions

Additional readings can be found in *For Today* and *Voices of Recovery* by consulting the index.