



OA Study Hall Meeting Script, Tuesday Nights, 730 pm

- 1.** **Welcome** to the Tuesday night OA Study Hall meeting of Overeaters Anonymous. My name is _____. I am a compulsive eater and your leader for this meeting.

Will those who wish, please join me in the long form of 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.

Grant me patience with the changes that take time,
An appreciation for all that I have,
Tolerance for those with different struggles,
And the strength to get up and try again – one day at a time.

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, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait.

Are there any compulsive eaters here besides myself?

- 2.** **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 behaviours and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

- 3. STATEMENT ON ABSTINENCE AND RECOVERY:** “Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviours 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.”

12 Steps: Will someone please read the 12 Steps as adapted for OA?

12 Traditions: Will someone please read the 12 Traditions?

- 4. TOOLS:** 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, an action plan, anonymity, and service. For more information, read The Tools of Recovery pamphlet.

- 5. MEETING FORMAT:** This meeting is a “Study Hall” format where we bring our OA literature, step studies, or Big Book and spend self-directed time reading and writing. We write for 15 minutes and then break to share on our work with each other for 15 minutes. We will do two rounds like this tonight.

The Tools of Recovery pamphlet tells us that: Putting our thoughts and feelings down on paper helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them.

We read the Big Book of Alcoholics Anonymous, OA-approved books, including the 12 & 12 and the *For Today* daily reader, OA pamphlets, and Lifeline magazine. Reading literature daily reinforces how to live the Twelve Steps and Twelve Traditions.

6. MEDITATION: We will now have a three-minute period of prayer and meditation to bring ourselves fully into this room and invite our Higher Power to guide us in our work tonight. *[set the timer for three minutes].*

7. STUDY PERIOD #1: Our first study period starts now. If you do not have or did not bring OA literature, you are welcome to look in the binder under the “writing prompts” tab for something to work on. *[set the timer for 15 minutes].*

8. SHARING PERIOD #1: We now will have 15 minutes to share on what we have read and written.

“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.

“We ask everyone to respect our group conscience. This meeting has decided that the chair for each meeting has the discretion to suggest to anyone sharing that he or she is off topic or is speaking too long. This meeting asks you to accept this suggestion in order to keep the meeting on track.”

Shares will be timed to ensure as many people can share as possible.

The meeting is now open for sharing on what you read and wrote. *[15 minutes, time shares at 2 minutes each or whatever is equitable]*

9. SEVENTH TRADITION: “According to our Seventh Tradition, we are self-supporting through our own contributions. Rent for this meeting is \$2 per person per night until we have a sustaining membership, at which time the rent will be \$25 per night. We are also building a prudent reserve to ensure the meeting survives. Give as if your life depends upon it!

As we do this, are there any OA related announcements to share?

[If this is the last Tuesday of the month: Treasurer’s report on rent paid, balance in the kitty, group conscience on any expenditures and allocation of funds to build up a prudent reserve]

- 10. STUDY PERIOD #2:** Our second study period is next. *[timer for 15 minutes]*.
- 11. SHARING PERIOD #2:** We have our second sharing period for 15 minutes now. Please remember to avoid feedback, cross talk and advice giving and to focus your share on what you read and wrote. *[15 minutes total, time shares to 2 minutes or whatever is equitable]*
- 12. CLOSING:** 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 honour each other's anonymity.

What you hear here, whom you see here, when you leave here, let it stay here.

If you would like, as you leave here, make a note of what you would like to add to your Action Plan for the coming week based on what you read and wrote tonight.

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 of service as the leader for this meeting.

After a moment of silence, will those of you who wish please join us in the OA Promise, "I Put My Hand in Yours."