

*To the Leader: The items listed in color are meant for the leader only. They are not meant to be read aloud.*

*If several people have arrived before the meeting, then the leader may use that time to ask for volunteers to read the Twelve Steps, a Tradition of their choice, or any other reading the leader chooses. This information may be placed on chat. It saves time in the meeting.*

### Suggested Meeting Format for the Meeting **revised 5/5/21**

Welcome to the Freedom Fridays meeting of Overeaters Anonymous. My name is \_\_\_\_\_. I am a compulsive eater and your leader for this meeting.

***Ask if anyone is NEW to Zoom??? ONLY If YES, then read :***

Here are a few tips for participating in a zoom meeting: *The following information contains reminders, and may be read if leader feels necessary.*

1. Everyone please mute yourselves. Please only un-mute yourself when you are doing a reading or going to share. Then re-mute yourself. The host will mute you if you are un-muted at other times to eliminate disturbing background noise.
2. If you are calling in on a phone, push \*6 to un-mute and push \*6 again to re-mute. *PHONE icon appears next to their name on the participant list. No phone icons, no persons are phoning in.*
3. By clicking on the “participants” tab on your screen you will see a list of all the participants at this meeting. Please select your own name (it should be near the top of the list) and click on the 3 dots next to your name. Choose “rename” and change your name so only your first name appears.
4. If you are calling in by phone, the host will call on you based on the last 4 digits of your phone number.

*-----Start reading here again if Zoom details were NOT needed:-----*

Video etiquette recommends that if you get up and move around during the meeting or if you need to eat during a meeting that you turn off your video feed. You will still be able to hear the meeting but your actions will not be distracting to others.

Today we will be reading from \_\_\_\_ (indicate which book). Please get your copy if you wish to read along when we get to that part of the meeting.

The Host has enabled closed caption or live transcription. If you do not prefer to see the captions, choose the CC on your toolbar, click on it and choose “hide subtitles” to remove it.

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.”



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.

- Is someone willing to give service as the timer? Please raise your hand on the participants list or wave frantically if you are willing to be the timer. Thank you \_\_\_\_\_ for being our timer. Please un-mute when timer goes off so we can all hear the ding!
- Please raise your hand if you are at an OA meeting for the first, second, or third time? *Welcome them to the meeting. Please give us your first name only so we can welcome you.* We are glad you are here. Newcomers are invited to stay after the end of the meeting so we can answer your questions about OA.

**“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.”

- *If someone volunteered to read the steps, call on that person now, otherwise, read:* Please raise your hand if you would like to give service by reading the **12 Steps of Overeaters Anonymous?**

**HOST: SCREEN SHARE 12 STEPS**

- *If someone volunteered to read a tradition, call on that person now, otherwise, read:* Please raise your hand if you would like to give service by reading a Tradition of your choice from the **12 Traditions of Overeaters Anonymous**

**HOST: SCREEN SHARE 12 TRADITIONS.**

*Below are Optional readings – If there are newcomer(s), please read:*

*Definition of Abstinence and Recovery:*

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 working and living the Overeaters Anonymous Twelve Step program on a daily basis. revised WSBC 2021

*(Optional reading con.)* 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.”

-----END of Optional Readings-----

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.

*If there are 20 or fewer participants:* Let us take a minute and introduce ourselves. Will all abstinent sponsors also please identify themselves?” I will call on you by name or by 4 digits of your phone number when it is your turn to introduce yourself. Please un-mute yourself.

*If there are over 20 participants:* There are over 20 participants on this call so I am going to ask “Can all abstinent sponsors please physically raise your hands on your video feed so we can see the name that goes to the face?” *After a moment to allow folks to see the hands:* Thank you sponsors. Please lower your hands now.

All who wish can leave their first name and contact info in the chat list so we can connect with each other between meetings. Chat is a function on your toolbar. Click on it to sign in on our virtual sign-in book. Please click on the three dots and choose to save CHAT if you want to keep this contact information. You need to save chat towards the end of the meeting to get all of the chat info.

Today’s meeting topic choice is: -----

After we will share on the topic until the closing point in the meeting. **SUGGESTED 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. 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. This meeting’s group conscience requests that we refrain from mentioning specific foods in our shares.

Feedback, cross talk, and advice-giving are discouraged here verbally and on chat. Cross talk during an OA meeting is speaking to members during other’s shares, giving advice to others who have already shared, chatting directly to another person rather than to the group. Please limit chats to your contact info if you care to leave it. I will call on folks as they raise their hands.”

Shares are limited to 3 minutes. Please raise your hand to share and I will call on you. Please lower your hand when you are done.

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[At about 5 minutes left in the meeting:](#)

**I want to thank everyone who read or shared.** Are there any **REPORTS** or announcements? Is anyone celebrating a recovery milestone today?

**SEVENTH TRADITION:** “According to our Seventh Tradition, we are self- supporting through our own contributions. We send regular contributions to our intergroup or service board, our region and the World Service Office to help carry the message to other compulsive overeaters.

Donations can be made online at oa.org, our Region 1 website oaregion1.org and at our Intergroup's website: Oregon-oa.org.

**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 honor each other's anonymity. **Whom you see here, What you hear 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 asking me to be your leader. **Would someone like to give service by being our meeting leader next week??**

*Newcomers are invited to stay on the call if they have any questions. The host can help you.*

After a moment of silence, I will say \_\_\_\_\_ aloud while those of you who wish, can join me silently. After I finish: **Everybody unmute** so that we may all share in saying “**Keep COMING BACK!**” in a big chorus! **HOST: SCREEN SHARE Closing Prayers.**

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Select one of the closings below:

**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.”

**The OA Promise:** I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

**3rd Step prayer:** God, I offer myself to thee-to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always.

**Seventh Step Prayer:** My Creator, I am now willing that you should have all of me, good and bad. I **pray** that you now remove from me every single defect of character which stands in the way of my usefulness to You and to my fellows. Grant me the strength, as I go out from here, to do your bidding