

## Suggested Friday 10:30AM Meeting format

*The items listed in color are not meant to be read aloud, but as a guide to the leader.*

Welcome to the Friday, 10:30 AM Cozy Comfy Zoom meeting of Overeaters Anonymous. My name is \_\_\_\_\_. I am a compulsive eater and your leader for this meeting. \_\_\_\_\_ is our zoom host today. Thank you for your service.

Because our meeting is small, we stay unmuted unless you have background noise.

We are a literature reading meeting, and today we will be reading from the **Big Book**. Please get your copy if you wish to read along when we get to that part of the meeting.

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 anyone NEW to zoom?

**IF YES, READ THE FOLLOWING** otherwise skip it.

*Here are a few tips for participating in a zoom meeting:*

*By clicking on the “Participants” tab on your screen you will see a list of all the participants at this meeting. Please rename yourself so only your first name and last initial shows. You can add your phone number if you wish. Sponsors are encouraged to identify themselves with an asterisk (\*) before their name.*

*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 tool bar. Click on it to sign in on our virtual sign in book. You can*

*copy the chat by clicking on the three dots at the bottom of the chat box and choose “save chat”.*

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. The Host will turn off your video feed if activities become distracting, but you can turn it back on again when you are ready.

Newcomers: Please raise your hand if you are at an OA meeting for the first, second, or third time? If there are newcomers, read the following: Please give us your first name only so we can welcome you. We are glad you are here \_\_\_\_\_, and we welcome you to our meeting.

[If there are newcomers, read the following:](#) Is there someone available for service to take our newcomer’s name and phone number to make an outreach call during the next week to welcome them to OA and to answer their questions? Thank you \_\_\_\_\_.

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.”

THE DEFINITIONS OF “ABSTINENCE” AND “RECOVERY” IN OVEREATERS ANONYMOUS: Abstinance 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

Spiritual, emotional and physical recovery is achieved through working the Overeaters Anonymous Twelve Step Program.

Who is willing to read the 12 Steps of Overeaters Anonymous?  
Thank-you \_\_\_\_\_.

Who is willing to read one of the 12 Traditions of their choice. Thank you \_\_\_\_\_.

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.”

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.

Introductions:

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 when it is your turn to introduce yourself. Please un-mute yourself, and then re-mute yourself when you are done.

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.

**READING:** Today we will be reading from the Big Book starting on Page \_\_\_\_ (4th Edition) and \_\_\_\_ (3rd Edition). We will read for approximately 10 minutes. *If we are close to the end of a story or chapter, leader can choose to continue the reading to the end.* To volunteer to read, please raise your hand by clicking on the hand icon at the bottom of the Participants List. The YELLOW HANDS will form a cue. When you see it is your turn, you can start to read when the prior reader has “passed”. The meeting host will lower your hand on the screen while you are reading.

*Only need to say this if you see a phone icon in the participants list:*

If you are phoning into the meeting you can raise your hand by pushing \*9. The Leader will call on you by the last 4 digits of your phone number. After reading, lower your hand by pushing \*9 again.

**After 10 minutes of reading:** We will now share on the reading or any aspect of your recovery. Shares are limited to 3 minutes. I will call on folks as they raise their hands on the Participants List, or \*9 on your phone. Feedback, cross talk, and advice-giving are discouraged here. Cross talk during a zoom OA meeting includes using the chat function to speak 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. Our meeting is now open for shares. Please to raise your hand, and I will call on you.

CLOSING – Around 11:25AM

Time for our 7th Tradition and Announcements.

“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 and at our Intergroup’s website: Oregon-oa.org. You can see the sites posted in Chat.

Are there any reports or announcements? Is anyone celebrating an OA milestone or anniversary?

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.

[If there is a newcomer, read:](#) 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?? Thank You \_\_\_\_\_.

After a moment of silence, please join me in saying [Choose closing prayer from list 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.