

**10:30 AM**

Welcome to the Serenity Sunday Meeting of Overeaters Anonymous. My Name is \_\_\_\_\_, your leader for today. Please join me in a moment of silence to reflect on why we are here followed by the Serenity Prayer.

By group conscience this meeting has implemented safety protocols

1. Waiting room has been enabled.
2. In lieu of screen sharing, we post the standard readings via a link in chat
3. Chat set to Host/Co-hosts only until announcements.

To raise your hand – phone: [\*9]; computer [participants → hand icon], The Host will then ask you to unmute so that you can share.

Zoom video etiquette: We request that if you need to get up and move around, talk on the phone, or need to eat during the meeting, 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 get distracting, but you can ask to have it turned back on by messaging the host in the chat.

Overeaters Anonymous is the fellowship of individuals who, through shared experience, strength, and hope are recovering from compulsive eating activities. We welcome everyone who wants to stop their own unhealthy food behaviors. There are no dues or fees for OA membership. We are self-supporting through our own contributions. Our primary purpose is to stop eating compulsively and to carry the message of recovery to those who still suffer.

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.

Unity with Diversity Policy: The Fellowship of Overeaters Anonymous encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute. We welcome all who share our compulsion. Everyone with the desire to stop eating compulsively is welcome in Overeaters Anonymous.

Will someone please read **Our Invitation to You**? Someone else will read the 12 Steps. A link is in the Chat.

Will someone please read **The 12 Steps**? A link is in the Chat

If there is anyone here for their 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> OA meeting ever would you please raise your hand or waive @ us, so that we may welcome you?

Will someone please read the opening paragraphs to **The Tools of Recovery, list the tools but NOT the descriptions**? A link is in the Chat.

OA literature is available for purchase through oa.org

We cannot present coins for recovery at this time, but we encourage everyone to include any proud time they may have during their share.

It is the group conscience of this meeting that we have a timer so that everyone has a chance to share. Will someone please volunteer to be the timer? Host, please make \_\_\_\_\_ co-host so that they can unmute themselves.

The format for this meeting is that the leader chooses a topic, speaks for **10 minutes**, and then opens the meeting for sharing. Partway through, at 11:00 we will stop for any announcements. The meeting goes until 11:45. Will the timer allot 10 minutes now?

*(Choose a topic or perhaps read the daily meditation in "For Today" and then speak briefly)*

---

The meeting is now open for sharing.

It is our group conscience that we do not mention specific food items, do not reference non-OA approved literature and that we do not engage in crosstalk. We define crosstalk in a Zoom meeting as using the chat function to talk during the meeting other than leaving contact information after sharing. We find that this type of crosstalk inhibits the deeply personal expression that we all need in OA recovery. The Chat will be open after the 7<sup>th</sup> Tradition Break.

Shares are limited to **3 minutes**\* so that everyone can have a chance to share. Similarly, please refrain from sharing more than once unless everyone who wants to have already shared. Share long enough to inspire serenity, but not long enough to inspire resentment. If you will please raise your hand, on the phone it's \*9, on the computer it's either participants or reactions button. The Host will ask you to unmute when you're called upon.

*(If there is a long period of silence (>2 minutes), ask if those who wanted to share have done so before opening the floor to repeat sharers) \*NOTE: If meeting is small, shares can be 4 minutes with a 1 minute warning timer*

---

**~ 11:00 AM**

It is now time for the 7th tradition which states that we are self-supporting declining outside contributions. Please donate to our meeting PayPal account at: [serenitysundayoa@gmail.com](mailto:serenitysundayoa@gmail.com). Donations help to pay for group expense, literature, rent, scholarships to OA approved events, and contributions to our Intergroup, Region, and World Service Offices. You can also visit [oregon-oa.org](http://oregon-oa.org) and donate directly to the Intergroup. To donate to the Region, that website is [oaregion1.org](http://oaregion1.org) and to World Service Offices, [oa.org](http://oa.org). Links are in the Chat. The Chat is now open to leave your information or post any OA related announcements. Please note that this is voluntary and not a requirement.

Will someone please read **The 12 Traditions**? A link is posted in the Chat

We encourage you to volunteer to lead a meeting, as service duties promote involvement and commitment. Who would like to lead the meeting next Sunday? There is help for all of the Security and Tech duties.

Will any member who is a sponsor, full or not, please raise your physical hand?

Now, will any member available to sponsor please raise your physical hand?

This group holds a monthly business meeting on the first Sunday of each month. This meeting is held after the regular meeting time and will only last **15 minutes**. All who wish to participate are welcome to attend. If you have an agenda item you would like to add for discussion and that would require a vote, you are required to be present.

Are there any OA related announcements?

Newcomers are invited to share if you have not done so already, but please don't feel that you have to. The meeting is now reopened and will go until 11:45. Sharing will conclude at 11:40 to give time for closing readings and prayer. *(If there is a long period of silence (>2 minutes), ask if those who wanted to share have done so before opening the floor to repeat sharers)*

---

**~ 11:40 AM**

It is now time to close the meeting. Thank you all for sharing. The opinions expressed here are simply those of the individuals and do not represent OA as a whole. The things you heard here were spoken in confidence. Talk to each other, reason with someone else, but let there be no gossip or criticism of one another. Instead, let the love, understanding, and peace of the program grow in you one day at a time.

Will someone please read **The Promises**? A link is posted in the Chat

Will someone please read **Footsteps**? They are posted in the Chat

Will all who care to please join me in a moment of silence followed by the closing prayer? (*Lead silence and closing prayer such as 3<sup>rd</sup> step prayer, 7th step prayer, I put my hand in yours, the serenity prayer, etc.*)