

6:30PM PST zoom Monday Overeaters Anonymous Meeting Format

Welcome to the 6:30pm Monday Stay in the Day meeting of Overeaters Anonymous. My name is _____. I am a compulsive overeater and your leader for this meeting. This meeting starts at 6:30pm and ends at 7:30pm.

Please silence your phones at this time.

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,

Are there any compulsive eaters here besides myself?

Is there anyone here for the first, second, or third time? If so, please introduce yourself so we can get to know you better.

Let's have the remaining meeting members now introduce themselves.

We encourage anyone with questions to please stay after the meeting so we can help you better understand our OA program.

A meeting reminder email is sent out every Monday morning. If you would like to be included on the email, please enter your email address in the chat.

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.

Ask for a volunteer to read ...

Our Invitation to You,
Twelve Steps of Overeaters Anonymous
The Twelve Traditions of Overeaters Anonymous

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.

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.

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.

LITERATURE: Only OA-approved and AA-approved literature is read at this meeting. Many OA members find that reading our literature on a daily basis further reinforces how to live the Twelve Steps. OA literature is available for sale at this url: bookstore.aa.org/

SEVENTH TRADITION: According to our Seventh Tradition, we are self-supporting through our own contributions. We encourage meeting members to make regular contributions to our intergroup, our region, and the World Service Office to help

carry the message to other compulsive overeaters. The links to make contributions will be placed in the chat.

Are there any OA related announcements?

This is a literature meeting.

We read from OA and AA approved literature until **7:05pm** at which time we open the meeting for sharing.

Today we are reading _____. Members may share how they relate to the reading.

Pitch Time. Will someone please volunteer to be our timer?

We share for 3 minutes (depending upon the number of attendees).

This is the time where we share our experience strength and hope.

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, rather than just the events of the day or week. 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.

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 or 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. When referencing literature during your pitch please refrain from sharing about non-OA, and non-AA literature.

Pitch time is now open.

Next week's leader: Who would like to lead next week's meeting?

At 7:25pm:

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. There are many different types of meetings, all of which are available to support your recovery from compulsive eating.

We welcome you to this meeting whenever you would care to attend.

Additional meetings can be found at oregon-oa.org and oa.org.

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. After a moment of silence, will those of you who wish please join us in _____. [Select one of the following suggested closings:

1. Serenity Prayer
2. 3rd Step Prayer, Big Book, pg.63
3. 7th Step Prayer, Big Book, pg.76
4. 11th Step Prayer, Big Book, pg. 86
5. Rozanne's Prayer ['I put my hand in yours....']