

Thursday Night Step & Tradition Meeting Format on Zoom

Welcome to the Thursday, **Step & Tradition** meeting of Overeaters Anonymous. My name is _____ and I am a compulsive over eater and your leader for this meeting. Today I will be reading from the OA Twelve Steps & Twelve Traditions. Please have your copy ready if you'd like to read.

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.

Please remain muted except when doing a reading or while sharing.

Please rename yourself so that only your first name appears. If you are calling in via phone, the host will call on you based on the last 4 digits of your phone number.

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.

Is someone willing to give service and be our timer? Thank you. Shares will be limited to 3 minutes. Timer, please unmute and say "Time" when 3 minutes have passed.

Please raise your hand if you are at an OA meeting for the first, second, or third time?

If there are newcomers,

"Welcome to the meeting. We are glad you are here. Newcomers are invited to stay after the meeting so we can answer your questions about OA."

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 unmute yourself.

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."

Who would like to read **12 Steps** of Overeaters Anonymous?

Who would like to read the **OA Tradition** of their choice?

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.

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. To find a sponsor, look for someone who has what you want and ask how he or she is achieving it.

All who wish can leave their first name and contact info in **the chat** so we can connect with each other between meetings.

Today we are reading _____. After the reading, we will share on the topic until 7:30pm when we will break for announcements. Sharing will continue after announcements until just before 8pm.

Who would like to start us off?

Continue allowing those to read as they unmute.

If there is time for sharing after the reading concludes:

The meeting is now open for **sharing**. If you'd like to share, please raise your virtual hand by clicking on reactions at the bottom of your screen and I will call on you. If you are on the phone, push *9 to both raise and then to lower your hand. As you share your experience and strength in OA, please also share your hope. Feedback, cross talk, and advice-giving are discouraged here. Cross talk during a zoom OA meeting includes using the chat function for anything other than leaving your contact information or making an OA related announcement.

At 7:30:

Are there any OA related announcements?

Now is the time for the 7th Tradition. According to our 7th Tradition, we are self- supporting through our own contributions. We send regular contributions to intergroup, our region, and the World Service Office to help carry the message to other compulsive overeaters. 7th Tradition instructions will be posted in the chat.

After announcements:

The meeting is reopened for sharing.

Just before 8pm:

In closing, 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. Who 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?? After a moment of silence, please join me in the _____ Prayer.

(Leader chooses from: Serenity Prayer, Seventh Step Prayer, Third Step Prayer, or the OA Promise 'I put my hand in yours....')