

*Italicized text is not meant to be read aloud. Enable closed captioning before the meeting. Format revised 8/12/22.*

*At Noon (Pacific):* Welcome to the “Freedom Fridays” meeting of Overeaters Anonymous. My name is \_\_\_\_\_, I am a compulsive eater and your leader for today.

Is anyone NEW to Zoom? *If YES, then read:* Here are a few tips for participating in a zoom meeting:

1. Everyone please mute yourselves, except when you are doing a reading or have been called on to share. Then re-mute yourself. The host will mute you if you are un-muted at other times to eliminate background noise.
2. If you are joining by phone, enter \*6 to mute and unmute yourself.
3. Please rename yourself with your first name and last initial. To do this, click on your picture, then on the three dots, then “rename.”
4. If you are joining us by phone, the host will call on you using the last 4 digits of your phone number and may rename you once you introduce yourself.
5. If you get up and move around or need to eat during a meeting, please turn off your video feed. You will still be able to hear the meeting, but your actions will not be distracting to others.
6. The host has enabled closed captions. You can hide subtitles or control caption settings by clicking CC on your toolbar.

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

Today we will be reading from \_\_\_\_\_. Please get your copy if you’d like to read along.

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

*If there are newcomers, read:* Please give us your first name only so we can welcome you. We’re glad you’re 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.

Is someone willing to read the Twelve Steps?

Is someone willing to read a Tradition of your choice from 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.

**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 20 or fewer participants:* Let's take a minute to introduce ourselves. Everyone please unmute now. I will call on you when it is your turn to introduce yourself. Please let us know if you are an abstinent sponsor and if you are currently available to sponsor. Re-mute when you are done.

*If over 20 participants:* Could all abstinent sponsors please physically raise your hands on your video feed? We encourage you to add an asterisk before your name if you are currently available as a sponsor. *After a moment to allow folks to see the hands:* Thank you sponsors. Please lower your hands now.

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

Is someone willing to serve as the timer for our meeting today?

Before we introduce today's topic and open the meeting for shares, here are our sharing guidelines:

1. Feedback, crosstalk, and advice-giving are discouraged here, verbally or on chat.
2. We ask that you not mention specific foods in your share.
3. Please share your experience with the disease of compulsive eating and the solution offered by OA. If you are having difficulties, share how you are using the program to deal with them instead of turning to compulsive eating.
4. Everyone is welcome and encouraged to share, even if you'd just like to "claim your seat."

Today's meeting topic is \_\_\_\_\_ . Who would like to read this entry (*or begin reading*)?

*After reading:* Shares are limited to three minutes. Please raise your hand to share and I will call on you. Please leave your hand up while sharing and lower your hand when you are done.

At about 12:55pm (Pacific):

Is anyone celebrating a recovery milestone today? Please let us know so we can celebrate with you!

I want to thank everyone who read or shared today.

Are there any reports or announcements?

**Seventh Tradition:** According to our Seventh Tradition, we are self-supporting through our own contributions. We send regular contributions to our intergroup, our region and the World Service Office to help carry the message to other compulsive overeaters. Donations can be made online at:

oa.org      oaregion1.org      and 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.

The opinions expressed here today are those of individual 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 today. **If it is the last week of the month:** Can someone please read the list of volunteers for meeting leaders next month from the chat, and tell us if any weeks still need a leader? **If needed, ask for volunteers for those weeks.** Thank you all for your service.

To the newcomer, we suggest attending at least six different meetings to learn the many ways OA can help you. Newcomers are invited to stay on the call if you have any questions about OA.

After a moment of silence, let's close with \_\_\_\_\_ (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. Amen.