

**Monthly Speaker meeting format
passcode 172301**

Meeting ID 934 6772 5942

Welcome to the monthly OA speaker meeting. My name is _____ . I am a compulsive eater and your leader for this meeting.

After a moment of silence, will all who wish to, 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 different.*

Is there anyone here for their first, second, or third time? If so, would you please tell us your first name so we can welcome you?

Introductions:

Let's go around the room and introduce ourselves. I will call on you in the order I see you on my zoom. Unmute yourself.

Sign-in

If you'd like to leave your contact information, or take down contact information, please put your name and information in the chat.

READINGS:

-Will someone please read the "OA program of recovery"?

OA Program of Recovery

Overeaters Anonymous offers a program of recovery from compulsive eating, using the Twelve steps and the Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of

experience, strength, and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions.

OA is not just about weight loss, gain or maintenance, or obesity or diets. It addresses physical, emotional, and spiritual well-being. It is not a religious organization and does not promote any particular food plan. If you want to stop your compulsive eating, welcome to Overeaters Anonymous.

The Twelve Steps are the Heart of the OA recovery program. They offer a new way of life that enables the compulsive eater to live without the need for excess food or diets.

The ideas expressed in the Twelve Steps, which originated in Alcoholics Anonymous, reflect practical experience and applications of spiritual insights recorded by thinkers throughout the ages. Their greatest importance lies in the fact that they work! They enable compulsive eaters and millions of other Twelve-Steppers to lead happy, productive lives. They represent the foundation upon which OA is built.

-Will someone please read "the twelve steps"?

THE TWELVE STEPS OF OVEREATERS ANONYMOUS

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.

3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters, and to practice these principles in all our affairs.

-Will someone please read “the Twelve traditions”?

THE TWELVE TRADITIONS OF OVEREATERS ANONYMOUS

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

The OA definition of abstinence and recovery is:

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. (revised WSBC 2021)

Tools:

The OA tools of recovery help us work the Steps and refrain from compulsive eating. The nine tools are: A Plan of Eating, Sponsorship, Meeting, Telephone, Writing, Literature, Anonymity, Service, and an Action Plan. For more information, please read the Tools of Recovery pamphlet.

Sponsors:

Sponsorship is one of our keys to success. Sponsors are OA member committed to abstinence and to living the Step and Traditions to the best of their ability. Sponsors share their experience, strength and hope and strengthen their recovery through this service to others. To find a sponsor, look for someone who has what you want and ask them how they are achieving it. Will all available sponsors please wave your hand so we can identify you?

Speaker

Please welcome _____ who will share their experience, strength and hope for 40 minutes (if two speakers, each speak for 20

minutes). Would like me to time for you and if so, how would you like me to time it?

Seventh Tradition:

We will now pause for our 7th tradition which states we are fully self-supporting declining outside contributions. Our intergroup expense for this meeting includes our zoom accounts, but we send monthly contributions to Region 1 and World Service Office to help carry the message to other compulsive eaters who still suffer. You can contribute at Oregon-OA.org, OARegion1.org or OA.org.

Announcements:

Are there any OA related announcements?

Questions for the speaker:

We will now spend the next 10 minutes for questions for the speaker.

Pitch-time:

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 questions or interrupting the person speaking/sharing at the time. Please confine your sharing to your experience with the disease of compulsive eating behaviors, the solution offered by OA, and your own recovery from the disease, rather than just the events of the day or week. We suggest 1 minute on the problem, 2 minutes on the solution. We use a timer to limit pitches to 3 minutes. This meeting is now open to sharing

Closing:

It is now time to close the meeting. Would someone please read “the promises?”

The Promises

If we are painstaking about this phase of our development, we will be amazed before we are halfway through.

We are going to know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it.

We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone, we will see how our experience can benefit others.

That feeling of uselessness and self-pity will disappear.

We will lose interest in selfish things and gain interest in our fellows.

Self-seeking will slip away.

Our whole attitude and outlook upon life will change.

Fear of people and of economic insecurity will leave us.

We will intuitively know how to handle situations which used to baffle us.

We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

-By following the Twelve Steps, attending meetings regularly and using the OA tools, thousands have changed their lives. We offer hope and encouragement. To the Newcomer, we suggest attending at least 6 different meetings before deciding if OA is for you. The opinions expressed here today are those of individual OA member and do not represent OA as a whole. Take what you like and leave the rest.

Please remember our commitment to honor each other's anonymity. "what you hear here, whom you see there, when you leave here, let it stay here." Let us all reach out by phone and email to newcomers, returning members and each other. Together we get better!

Thank you _____ for being our speaker and thank you for allowing me to be of service. After a moment of silence, will all who wish to, please join me in the _____ (leaders' choice: OA promise, 3rd step prayer, 7th step prayer, serenity prayer).

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