

## SERENITY SUNDAY ANNOUNCEMENTS TO POST IN CHAT

### Post in Chat at the beginning of the meeting:

By group conscience this meeting has implemented safety protocols due to a recent increase in disruptions at OA meetings.

1. Waiting room has been enabled.
2. All participants are muted upon entry.
3. Participants are unable to unmute unless asked by Host/Co-hosts.
4. Chat set to Host/Co-hosts only until announcements.

### READINGS (in lieu of screen sharing): (Repeat posting as folks come into the room)

Our Invitation to You

<https://oa.org/group-resources-list/our-invitation-to-you-2/>

The 12 Steps

<https://oregon-oa.org/wp-content/uploads/2023/01/Enhanced-12-Steps.pdf>

The Tools of Recovery

<https://oa.org/working-the-program/tools-of-recovery/>

The 12 Traditions

<https://oregon-oa.org/wp-content/uploads/2023/01/Enhanced-12-Traditions.pdf>

The Promises

<http://12stepsofaa.com/wp-content/uploads/2020/08/AA-Promises-PDF.pdf>

### Footsteps: (post Footsteps at the closing):

We gratefully follow in the footsteps of many others who have walked this way before us, and we're gratified to be making footprints of our own for others to follow. Those of us who live this program don't simply carry the message; ***we are the message***. Each day that we live well, ***we are well***, and we embody the joy of recovery which attracts others who want what we found in OA. We're always happy to share our secret: the twelve steps of Overeaters Anonymous, which empower each of us to live well and be well, ***one day at a time***.

### Readers:

- Our Invitation to You -
- The 12 Steps -

- The Tools of Recovery -
- The 12 Traditions -
- The Promises -
- Footsteps -

**At 11am post this:**

**7th Tradition Donations:**

<http://www.oregon-oa.org>

to Intergroup

<http://www.oaregion1.org>

to Region 1

<http://www.oa.org>

World Service

- The leader and the timer need to be co-host.
- Open the chat at 11 (twelve trades & announcements) •  
Unmute at the end for the closing.
- Close the waiting room at the break.
- Upon opening – in security – disable the chat and the unmute.