

Suggested format for Monday Noon “Welcome Home” meeting

*To the Leader: The items listed in color are meant for the leader only. They are not meant to be read aloud.*

*If several people have arrived before the meeting, the leader may ask for volunteers to read the Twelve Steps, a Tradition of their choice, or any other reading the leader chooses. This information may be placed on chat. It saves time in the meeting.*

*Host enables captioning for participants.*

### Meeting Format

Welcome to the Monday Welcome Home Noon meeting of Overeaters Anonymous. My name is \_\_\_\_\_. I am a compulsive eater and your leader for this meeting.

*Ask if anyone is NEW to Zoom??? ONLY If YES, go to the instructions on the last page, then return here.*

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.

Today we will be reading from \_\_\_\_\_(indicate which book)\_\_\_\_. Please get your copy if you wish to read along when we get to that part of the meeting.

The Host has enabled closed caption or live transcription. If you do not prefer to see the captions, choose the CC on your toolbar, click on it and choose “hide subtitles” to remove it.

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.

Is someone willing to give service as the timer? Thank you \_\_\_\_\_ for being our timer.

Please raise your hand if you are at an OA meeting for the first, second, or third time? *Welcome them to the meeting.* Please give us your first name only so we can welcome you. We are glad you are here. *If newcomers are present, read a selection from introductory literature, such as step 1, Where Do I start, etc, before any other readings.*

Newcomers are invited to stay after the end of the meeting so we can answer your questions about OA.

### *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."

*If someone volunteered to read the steps, call on that person now, otherwise, read:* Please raise your hand if you would like to read the 12 Steps of Overeaters Anonymous?

**HOST: SCREEN-SHARE 12 STEPS**

*If someone volunteered to read a tradition, call on that person now, otherwise, read* Please raise your hand if you would like to read a Tradition of your choice from the 12 Traditions of Overeaters Anonymous

**HOST: SCREEN-SHARE 12 TRADITIONS.**

*Below are Optional readings – If there are newcomers, 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. (revised WSBC 2021)

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 they are achieving it.

*If there are 20 or fewer participants:* Let us take a minute and introduce ourselves. Will all abstinent sponsors also please identify themselves? Please un-mute yourselves now. I will call your name when it is your turn to introduce yourself. Re-mute when you are done.

*If there are more than 20 participants:* There are over 20 participants on this call so I am going to ask all abstinent sponsors to please physically raise your hands on your video feed so we can see the names that go with the faces. *After a moment to allow folks to see the hands:* Thank you sponsors. Please lower your hands now.

All who wish can leave their first name and contact info in the chat list so we can connect with each other between meetings. Chat is a function on your toolbar. Click on it to sign in on our virtual sign-in book. Click on the three dots and choose to save CHAT if you want to keep this contact information. You need to save chat towards the end of the meeting to get all of the chat info.

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 choice is: \_\_\_\_\_. After we read it, we will share on the topic until the closing point in the meeting. [Do the reading now](#)

\*\*\*\*\*

*At about 5 minutes left in the meeting:*

I want to thank everyone who read or shared. Are there any REPORTS or announcements?

Is anyone celebrating a recovery milestone today?

**SEVENTH TRADITION:** "According to our Seventh Tradition, we are self-supporting through our own contributions. We send contributions to our intergroup or service board, our region and the World Service Office to help carry the message to other compulsive overeaters. Donations can be made online at [oa.org](http://oa.org), our Region 1 website - [oaregion1.org](http://oaregion1.org), and at our Intergroup's website - [oregon-oa.org](http://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.

To the newcomer, we suggest attending at least six different meetings to learn the many ways OA can help you.

"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. Would someone like to give service by being our meeting leader next week??

Newcomers are invited to stay on the call if they have any questions. The host can help you.

After a moment of silence, I will say (choice of prayer) aloud while those of you who wish can join me silently. After I finish: **Everybody unmute** so that we may all share in saying **“Keep COMING BACK!”** in a big chorus!

**HOST: SCREEN SHARE Closing Prayers.**

*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.

**Third 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.

## INSTRUCTIONS FOR ZOOM, IF NEEDED:

1. Please mute yourselves except when you are doing a reading or going to share. Then re-mute yourself. The host will mute you if you are un-muted at other times to eliminate disturbing background noise.
2. If you are calling in on a phone, push \*6 to un-mute and push \*6 again to re-mute. *PHONE icon appears next to their name on the participant list. No phone icons, no persons are phoning in.*
3. If your last name shows on your picture, change it by clicking on the “participants” tab on your screen. Select your own name (it should be near the top of the list) and click on the 3 dots next to your name. Choose “rename” and change your name so only your first name appears.
4. If you are calling in by phone, the host will call on you based on the last 4 digits of your phone number.

## END ZOOM INSTRUCTIONS

Format revised 7/31/23