

## Saturday 11:00 OA Meeting Format:

Words Highlighted in Yellow are for Notes only, not to be read out loud.

Welcome to the *[day and time]* \_\_\_\_\_ meeting of Overeaters Anonymous. My name is \_\_\_\_\_. I am a compulsive eater and your leader for this meeting and \_\_\_\_\_ is the host for this meeting.

Will those who wish, please join me in the Serenity Prayer: God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the 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.

Here are a few procedural details for participating in a zoom meeting:

1. Our host will keep everyone but the leader and the volunteer timer muted at all times except during introductions (**IF 10 OR MORE PARTICIPANTS**) and individually when it's your turn to share.

By clicking on the "participants" tab on your screen you will see a list of all the participants at this meeting. Please 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. Please do that now. If you are calling in via phone, the host will rename you when we do introductions. *Give them a few minutes.*

2. We will ask for volunteers for the reading and later to share. To volunteer, please raise your hand by clicking on the hand icon at the bottom of the Participants List. Everybody raise your hand now so I can see you know where to click. *Give them a few seconds.* Now click on the icon again to remove your hand. **Host to remove hands from folks who don't remove their own.**

3. Is someone willing to give service as the timer? Our shares will be limited to **(ask for number)** minutes. Please raise your hand if you are willing to be the timer. The timer will remain unmuted so we can all hear the "ding". Thank you \_\_\_\_\_ for being our timer. **After Leader selects a timer, Host remove hands from folks who don't do it for themselves.**

Please raise your hand if you are attending an OA meeting for the first, second, or third time? *Welcome them to the meeting.* We are glad you are here. Newcomers are invited to stay after the end of the meeting so we can answer your questions about OA.

Host: make note of newcomers so you know if you need to keep the meeting open a little longer for them.

### **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.

*Ask someone to read “Our Invitation to You” or “How It Works” along with the Twelve Steps of Overeaters Anonymous.*

*Ask someone to read The Tradition of the Month. (i.e.: March is 3rd month so read Tradition3) Meeting leader can ask people to read ahead of time and send readings to participants attached to the email invite.*

*Ask someone to read For Today.*

### **THE DEFINITIONS OF “ABSTINENCE” AND “RECOVERY” IN OVEREATERS ANONYMOUS:**

1. Abstinance: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

2. Recovery: Removal of the need to engage in compulsive eating behaviors.

Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.

**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. Would someone like to share on one tool?

**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.

Will all abstinent, available sponsors please raise your hand and identify yourself? When you see you are unmuted, it is your turn to introduce yourself. *Unmute Available sponsors one by one as introductions are made. Remute each one when complete. Leader may need to say the next person's name if they don't see it is their turn.*

All who wish, can leave their first name and contact info in the chat list so we can connect with each other between meetings. **Please also mark an S – For being an available Sponsor or N – if you are a Newcomer.** Chat is a function on your tool bar. It is our virtual sign in book. *Hosts can copy and paste the list to improve the invitation to the next meeting.*

Today's meeting is: *Insert your meeting's choice here Literature reading, speaker, whatever your customary format is.*

After the reading/speaker we will share on the topic for \_\_\_\_\_ minutes. SUGGESTED GUIDELINES FOR SHARING: “As you share your experience and strength in OA, please also share your hope. Please confine your sharing to your experience with the disease of compulsive eating, the solution offered by OA, and your own recovery from the disease, rather than just the events of the day or week. If you are having difficulties, share how you use the program to deal with them. If you need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting.”

Feedback, cross talk, and advice-giving are discouraged here. Cross talk during a zoom OA meeting is using the chat function to speak to members during other's shares, giving advice to others who have already shared, chatting directly to another person rather than to the group. The meeting is now open for shares. Please raise your hand to share and I will call on you and the host will unmute you. After your share the host will remute you. The timer will be unmuted so we can all hear when our time for sharing is up. I will call on folks as they raise their hands.

SEVENTH TRADITION: “According to our Seventh Tradition, we are self-supporting through our own contributions. We send regular contributions to our intergroup or service board, our region and the World Service Office to help carry the message to other compulsive overeaters. Contributions can be made: *insert your Intergroups approach here.*

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.

**ASK** a member to read the Promises found in the BIG BOOK on pg 83.

**Closing:** Thank you for allowing me to be your leader. Newcomers are invited to stay on the call if they have any questions. The host can help you. After a moment of silence, will those of you who wish please join us in \_\_\_\_\_. **Leader selects one of the following suggested closings: Serenity Prayer, Seventh Step Prayer, Third Step Prayer, or the OA Promise ‘I put my hand in yours...’**

**Host ENDS the meeting unless there are newcomers who have questions.**