

Monday Night Men's Meeting of Overeaters Anonymous

Modified for Zoom

1. Prior to the meeting, find 3 volunteers 1)timer 2)speak about a tool 3) first step experience.
2. Welcome to the Monday Night Men's Meeting of Overeaters Anonymous. My name is _____ , I am a compulsive overeater and your leader for tonight. Please remember to silence your cell phones, put your mic on mute, and be conscious of creating any distractions. It is important to create a calm and welcoming environment for all.
3. Will all those 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 difference.
4. 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.
5. Are there any other compulsive overeaters here beside myself? Is there anyone here for their first, second or third time?
6. Can we get a volunteer to be our timer.

If there are newcomers:

- **Please tell us your first name so we may welcome you**
- **We are writing down our contact information in the Chat window, please feel free to contact us with any questions and support.**
- **Would someone please share for up to 2 minutes on their first step story and how OA has helped them?**

7. Is there anyone here that is returning to OA or visiting from another area? **If there are returning members:** Please tell us your first name so we may welcome you.
8. We will use the Zoom Chat Window to share our contact information with each other. Feel free to take down numbers so that you can continue fellowship outside the meeting. Please indicate if you're an available sponsor, available as a 12-day sponsor, or partner in recovery. To find a sponsor, look for someone who has what you want and ask how they are achieving it. Toward the end of the meeting, click the 3 dots in the chat window to save the chat messages.
9. For OA related announcements and flyers for upcoming OA events, please visit seattleoa.org or oa.org.
10. Will someone please read the 12 Steps of OA. (page 169)
11. Will someone please read the 12 Traditions of OA. (page 170)
12. In OA, abstinence is “the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.” Many of us have found that we cannot abstain from compulsive eating unless we use some or all of OA’s tools of recovery. The nine tools are: **A plan of eating; Sponsorship; Meetings; Telephone; Writing; Literature; Anonymity, A Plan of Action, and Service.** Will someone please choose a tool from the “Tools of Recovery” and share for up to 1 minute on their experience in using the tool?

13. Only OA approved literature is used at the meeting. Many OA members find that reading our literature daily helps to further reinforce how to live the 12 steps. If you are interested in purchasing literature, you can purchase via oa.org, or electronically on kindle and other platforms.
14. According to our 7th Tradition we are self-supporting through our own contributions. Our group expenses are for rent and literature. We also make contributions to Greater Seattle Intergroup, Region and World Service Office to help carry the message to other compulsive overeaters. The suggested donation according to World Service is 5 dollars but please give what you feel is comfortable for the benefit of our group and OA. If you are new, please do not donate but consider buying literature instead. **To donate, visit seattleoa.org/meetings and click the Monday Donate link. You can then choose the 7PM Northgate meeting on the paypal screen. We will add the link in the chat box.**
15. Are there any OA related announcements?
16. On the 3rd Monday of each Month we have a Speaker
 - a. If 3rd Monday, The Speaker will share for 15 minutes. Would someone like to volunteer to be our timer? Please welcome our speaker _____.
 - b. All other Mondays, we read a Step or Tradition from OA's 12 and 12. Please read a few paragraphs if you wish and pass it along. This week we will read_____.
17. Now is the time for open sharing.
 - a. As you share your experience in OA, please also share your strength and 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, show 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.
- b. 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 questioning or interrupting the person who is sharing at the time.
 - c. Please try and limit your share to 3 minutes or less so that all who wish to may have a chance to share. Would someone like to volunteer to be our timer? The timer can unmute themselves and say “gentle reminder” when the time is up.
 - d. On the 2nd Monday of the month, we’ll hold our monthly Business Meeting at 8 PM immediately following the meeting..
 - e. The meeting is now open for sharing.
18. **At 7:45pm** Now is the time for newcomers to share if you wish.
19. **At 7:55pm or when everyone has had a chance to share:** Does anyone have a burning desire to share?
20. In closing, the opinions expressed here today are of individual OA members and do not represent OA as a whole. Please remember our commitment to honor each other’s anonymity. **What you hear here, who you see here, when you leave here, let it stay here.**
21. Let us reach out to newcomers, returning members and each other. This is an important part of our recovery from compulsive overeating.
22. Thank you for allowing me to be your leader tonight. Who would like to lead the meeting next week? After a moment of silence, will all who wish to please join me in _____. **Prayer options:** Serenity Prayer, 3rd Step Prayer, 7th Step Prayer.

Business Meeting 2nd Monday of each month following the GSI meeting.

Speaker 3rd Monday of each month.