

North Seattle (Haller Lake) OA Zoom Meeting

Please start the meeting promptly at 7pm.

1. Welcome to the Tuesday night North Seattle Meeting of Overeaters Anonymous. My name is _____ . I am a compulsive overeater and your leader for this meeting.
 1. A few housekeeping notes for this Zoom meeting:
 - o In consideration of others, we ask that if you are doing an activity you would not do at an in-person meeting please turn off the video until the activity is done.
 - o Please use your first name and last initial when you sign in to maintain anonymity by clicking on your picture and clicking on the three dots (...) in the corner.
 - o Please mute yourself unless reading or sharing to reduce background noise. If you joined using a computer, you can use the space bar to temporarily unmute.
 - o If you are calling in please use *6 to mute and unmute and *9 to raise your hand.
 - o We use a virtual "We Care" list. You can leave your name and phone number in the chat area so that others may call you, and feel free to take phone numbers and call others. If you need a sponsor, please check the list and feel free to call those who are listed as sponsors. Note that you can save this list to your device.
 - o To raise your hand using Zoom please go to the participant list and click "hand raise".
 - o If there are other people in the room, please protect the anonymity of participants by using headphones.
 2. Will those who wish to 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."*
 3. Is there anyone new to OA, at their first, second or third meeting? Would you please tell us your first name so we can welcome you? If you would like a call this week you can list your name and number in the chat and say you'd like a call.
 4. Who will volunteer to call newcomers this week?
 5. If there are any OA members from other areas who are visiting us today, or members who are returning to OA, would you please identify yourselves and tell us where you are from?
 6. This meeting follows **OA's Unity with Diversity Policy**. We encourage and promote acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation or any other trait. We welcome all who share our compulsion.

7. **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.
8. Would someone please read the **12 steps of OA**?
9. **TOOLS:** Our solution to compulsive eating is through working the 12 steps. In addition, there are nine tools for use in OA program. For more information about these, please refer to the pamphlet, "Tools of Recovery."
10. Would someone please read the **Twelve Traditions**?
11. **[IF NEWCOMER PRESENT]** Since we have a newcomer tonight, who is willing to share their first step story for 3 minutes?
12. **SPONSORSHIP:** We ask a sponsor to help us through our program of recovery on all three levels, physical, emotional, and spiritual. Would all sponsors please raise your hand and leave it raised for a moment?
13. **LITERATURE STUDY:** This meeting is studying the literature of Overeaters Anonymous and Alcoholics Anonymous. We are currently reading from _____. We will read for 10 min. Would someone volunteer to be the timer?

OR

We have a speaker's meeting the **LAST Tuesday** of the month. It is now time for the speaker to tell their story. Would someone volunteer to be the timer? [*Speaker shares for 15 minutes - Ask the speaker to recommend a topic*].

14. **SEVENTH TRADITION:** According to our Seventh Tradition we are self-supporting through our own contributions. Our current group expenses are for literature and coins. We support our Intergroup, Region and World Service Office with contributions to help carry the message to other compulsive overeaters. Please give as much as you feel you can to help others. The suggested donation is \$5.00 but if you cannot donate please keep coming back. Your 7th tradition donation can be made on the Seattle OA web site, under Tuesday meetings. Use the

drop-down menu to donate to the Haller Lake meeting. Newcomers are our guests, please do not donate but consider ordering literature instead.

15. **Welcome to any newcomers who have joined us.** If you would like a call this week please feel free to list your name and number in the chat and say you'd like a call
16. Are there any **announcements** for the good of OA?
17. **On the SECOND Tuesday of the month say:** We celebrate milestones on the first Tuesday of the month with virtual hugs and coins. If you would like a coin to mark your milestone, please send your address to _____ in a private chat message or send her a text message. (*Leader reads the following*).
 - o Is anyone celebrating an OA milestone this month? We celebrate 1, 3, 6, and 9 months, 1 year, 18 months, and annual milestones.
 - o We also welcome newcomers – who would like a newcomer coin?
 - o Would anyone like a hug and a coin for surrender today?
18. There will be a **business meeting on the last Tuesday of each month.** We will create an agenda of discussion items at the beginning of the meeting. If you would like to suggest an agenda item you can put it in the chat.

On the last Tuesday say: Would the treasurer please give their report now?
19. **SHARING:** Now is the time for open sharing. We share our experience, strength, and hope in OA. Feedback, cross talk, which is talking about someone else's share, and advice giving, are discouraged. Please keep your share to 3 minutes to allow more people an opportunity to speak. To raise your hand to share, go to the participant list and click raise hand at the bottom. The leader or host will call on people in the order hands were raised. (*Leader chooses a topic and asks timer if they would continue to time*).
20. **At 7:45 the leader says:** Now is the time for newcomer sharing. We welcome newcomers to share now if they like. We will then return to general sharing.
21. **At 8:10:** As a reminder, this meeting is using the donation option under Tuesday meetings, Haller Lake, for our 7th tradition.
22. Does anyone have a burning desire to share?
23. **PROMISES:** Would someone please read the promises on page 83 of the Big Book?
24. May I have a volunteer to lead the next meeting?

25. **CLOSING:** Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities. Who you see here, what you hear here, when you leave here, let it stay here. The opinions expressed today by those who shared are those of the individual OA members and do not represent OA as a whole.
26. We value fellowship after the meeting and will keep the zoom meeting open until 8:30 for those who would like to talk together further.
27. After a moment of reflection on why we are here and to remember those inside and outside the circle who still suffer, will those of you who wish to please join us in [*The Serenity Prayer, Third Step Prayer, Seventh Step Prayer, or the OA Promise - I Put My Hand In Yours*]

The meeting ends at 8:15 PM. The Zoom site remains open until 8:30PM.