

# OA SUNDAY NIGHT 7PM RAVENNA MEETING

*(Virtual Edition)*

Welcome to the Sunday 7PM Greenlake meeting of Overeaters Anonymous.

My name is \_\_\_\_\_ and I am a compulsive overeater and the leader for tonight's meeting. After a moment of silence, 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.*

Are there any other compulsive overeaters here besides me?

In our virtual meeting, please:

- Remember the tradition of anonymity, and ensure that as you attend our virtual meeting, you honor each other's anonymity.
- Keep yourself muted when not speaking.
- Silence your cell phones and other distractions
- If you're calling in, you can use \*9 to raise your hand to share.

Thanks for your cooperation in these matters.

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 to carry the message of recovery through the Twelve Steps of OA to those who still suffer.”

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.

Would someone please read The Introduction to the Twelve Steps? (found in the 2<sup>nd</sup> edition of OA's 12 steps and 12 Traditions)

Would someone please read the 12 Steps?

Would someone please read the 12 Traditions?

*On the 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Sundays:* May I have a volunteer who will tell their first step story for up to 3 minutes? Who will keep the time?

### **STATEMENT ON ABSTINENCE AND RECOVERY:**

“Abstinance in Overeaters Anonymous 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 living the Overeaters Anonymous Twelve Step program.”

Many of us have found that we cannot remain abstinent unless we use OA's nine Tools of Recovery. These are:

a plan of eating  
sponsorship  
meetings

writing  
literature  
anonymity

telephone  
service  
action plan

For more information, please read the pamphlet called Tools of Recovery.

Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and living the 12 steps and 12 traditions to the best of their ability. Sponsors share their program up to the level of their own experience, and 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 you are willing to answer questions after the meeting about what sponsorship means, please raise your hand. *(Pause)* Thank you.

The telephone is one of our tools of recovery. We will use Zoom's chat feature to share our first name, phone number and/or email address with each other. If you are a Newcomer, please mark "NC" before your name and feel free to take phone numbers.

Chips At this meeting we've voted to pass out poker chips as a symbol that when we pick up a compulsive bite we're gambling with our lives.

- Would anyone like to make a commitment to surrender (with a virtual white chip)
- Would anyone like to announce an abstinence milestone?

According to OA's 7<sup>th</sup> Tradition, we are self-supporting through our own contributions. Newcomers are asked not to give, but to buy literature instead. This group has its monthly business meeting at 8:15 pm on the 3<sup>rd</sup> Sunday of the month. This is where the treasurer's report is given and group decisions are made. All members are encouraged to attend. You can donate online by visiting [seattleoa.org/meetings](http://seattleoa.org/meetings) and clicking the DONATE button for the Sunday meetings. You may also mail the treasurer a check by asking for the treasurer to text you the contact information.

Is there anyone attending OA for the 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> time? If so, please tell us your first name so we can welcome you. *(Welcome each person by name)*. *(If there are one or more newcomers, read the following:*

Newcomers are encouraged to stay on the Zoom after the meeting where a number of members will stay to answer questions. May we have 2 volunteers to stay after the end of the meeting for questions?

NEW: Newcomers are encouraged to share and ask questions if they like. We'll have a time set aside for those questions and shares later in the meeting.

We encourage you to get a sponsor to help guide your recovery, develop a plan of eating and, if you wish, write it down and report it daily to your sponsor, read OA literature to develop a working knowledge of the 12 Steps and 12 Traditions.

Are there any announcements for the good of OA?

Are there any service positions open? (*Paste this link in the Zoom chat*)

<https://docs.google.com/document/d/1yXML3zzAAXbrTYXGcGVf0jLT12g2s-chdh8CZiS2l7k/edit?usp=sharing>

Our Meeting format:

1<sup>st</sup> Sunday: Speaker

2<sup>nd</sup> Sunday: Step study

3<sup>rd</sup> Sunday: Tradition

4<sup>th</sup> Sunday: Literature Study: read for 15 min from the OA "Brown Book: 3<sup>rd</sup> Edition

5<sup>th</sup> Sunday: Tool study

- For a Speaker meeting, please announce:* "Tonight, \_\_\_\_\_ will share how he/she works his/her OA program. Who will time our speaker?"
- For a Step or Tradition meeting, please announce:* "Since this is the month of \_\_\_\_, tonight we will read Step (or Tradition) \_\_\_\_. We will read in popcorn style; please read a paragraph or two and then pass"

*(note that this group voted to refrain from reading the questions aloud in the Step 4 Chapter)*

- For an OA Brown Book meeting please announce:* "Since this is the 4<sup>th</sup> Sunday of the month, we will read from the OA Brown Book 3<sup>rd</sup> Edition. We will read in popcorn style; please read a paragraph or two and then pass." Will \_\_\_\_\_ (previous volunteer timer) time us for 15 minutes? Who would like to start on \_\_\_\_\_
- For a Tool meeting, please announce:* "Since this is the 5<sup>th</sup> Sunday of the month, we will read from the Tools of Recovery" pamphlet."

*After the reading or speaker:*

Now is the time for Open Sharing. Feedback, cross talk and advice giving are discouraged here. Cross talk is interrupting, verbally reacting/responding or having side conversations – either during or after someone's share. OA's 5<sup>th</sup> Tradition states, "each group has but one primary purpose to carry its message to the compulsive overeater who still suffers." As you share your experience and strength in OA, also share your hope. Please confine your sharing to your OA recovery. Please respect the

group and follow these guidelines.

The topic is \_\_\_\_\_ (tonight's step, tradition, tools, or the "speaker's choice"). You have up to 3 minutes to share. Will \_\_\_\_\_ (previous volunteer timer) continue timing?

The meeting is now open for sharing.

### **7:50 Newcomer Break**

Now is the time for newcomers to share or **ask questions if they wish. If you are moved to answer a newcomers question, please respond succinctly so we can get to as many as possible in the five minutes we have allotted for this service.** *(Pause. Once all newcomers have shared or asked questions, we can return to open sharing "We'll now return to general sharing")*

### **8:10 CLOSING**

Does anyone have a "burning" desire to share? Does anyone have a need to share in order to keep from bingeing or restricting? (pause)

Would someone please read the 9<sup>th</sup> step promises from the AA Big Book, starting on page 83? Thank you.

The opinions expressed here tonight are those of the individual OA members and do not represent OA as a whole. Let us all reach out to the newcomers, returning members, and each other. This is an important part of our recovery from compulsive overeating. Please remember the tradition of Anonymity, which means: "Whoever you see here and what you hear here, let it stay here when you leave here."

Thank you for being here tonight and allowing me to be your leader. Please come back next week when another recovering member of OA will lead the meeting. May I have a volunteer to lead the meeting next week?

After a moment of silence, would you please join me in the \_\_\_\_\_prayer?

If there are newcomers, remind the group that the volunteers can stay to answer questions. The Zoom Host may transfer host duties at this time.

*(Thanks for your service!)*