

OA Meeting Leader Format
Sunday Morning Meeting - Bellevue Alano Club
Meeting leader needs **no** abstinence requirement (updated 9/20)

8:30 OPENING - Same For All Weeks

- “**Welcome** to the Sunday morning meeting of Overeaters Anonymous. My name is _____, I am a compulsive overeater and your leader for this meeting.”
- Please silence your phone if calling in or mute yourself on zoom at this time and also when you are not speaking in order to avoid background noise.
- If you are muted on your computer, you can quickly un-mute yourself by holding your space bar down while you speak and let go to re-mute yourself. If you are calling in by phone you can mute and un-mute yourself by pressing *6 Thank you.”
- “Will those who wish to please un-mute and 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.” Amen.*
- “Are there any compulsive overeaters here besides myself?” Thank you.
- “In place of a sign-in sheet, you are welcome to go to the CHAT window to sign and share your name, phone number and email.”
- “As your leader, I will now go down the list of participants and ask you to introduce yourself. If there is anyone at your first, second or third OA meeting or visiting from another area, please tell us so we can welcome you. Who would like to start?”
[welcome each person by name]
- “In OA, we encourage you to:
 1. Get a sponsor to help guide your recovery
 2. Develop a plan of eating; and
 3. Read Alcoholics Anonymous and OA-approved literature to build a working knowledge of the 12 Steps and 12 Traditions.”
- “Please remember, at this meeting we introduce ourselves before we speak. This helps us learn names and helps us avoid interrupting and crosstalk.”
[Note to leader: if at any time during the meeting someone forgets to introduce themselves before they speak please ask them to.]

(Leader should now open and Share the ‘Readings’ found on this link
<https://www.seattleoa.org/wp-content/uploads/2020/05/Readings-Sunday-830.pdf>,
which is also found on SeattleOA.org.)

OPENING - Continued

- “Will someone please read the “**OA Preamble**”? Thank you.
- “Will someone please read “**Our Invitation to You**”? Thank you.
- “Will someone please read “**the Twelve Steps**”? Thank you.
- Will someone please read the **Tradition of the Month**? Thank you.
- “**The Tools in OA:** In Overeaters Anonymous, recovery involves **abstinence**, which is ‘**the act 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 12-Step program. The basis of this program is taken from the ‘Big Book’, Alcoholics Anonymous. Many of us have found that we cannot achieve or maintain abstinence unless we use some or all of OA’s nine tools of recovery regularly.
 - These tools are: **A Plan of Eating, Sponsorship, Meetings, Telephone, Writing, Literature, Action Plan, Anonymity, and Service.**
 - Is there a volunteer to be our timer today? Thank you, _____. Now is the time to share on the tool of the week, which is _____ *[have someone check the calendar to see this week’s tool]*. Who would like to read the tool of the week and explain how this tool helps their program? You have 2 minutes.”
 - Thank you.
- “**Sponsorship:** Sponsorship is a key tool in our program. Sponsors are OA members who are abstinent and working the Twelve Steps and Twelve Traditions to the best of their ability and are willing to share their recovery. Will all abstinent sponsors please identify yourself by raising your hand? Thank you.”
- “**Seventh Tradition:** According to our Seventh Tradition, ‘*we are self-supporting through our own contributions.*’ Together we all contribute to our primary purpose: to carry the message of recovery to the compulsive overeater who still suffers. World service suggests a donation of \$5 but please give what you are comfortable giving, you are more important than your money. You can make a donation to our meeting by going to the Seattleoa.org website. I will insert instructions on how to do this in the Chat window (it’s easy)! [Leader: please copy and paste instructions below in blue to Chat window now]

To DONATE:

- Go to seattleoa.org, click current list of meetings
- Scroll to Sunday and click on 'Donate to Sunday Meetings via GSI Paypal'
- Where it says "optional, use this donation for" - Select Sunday 8:30 am Bellevue Alano Club (52626) from the drop down box

[Warning: If a generic 'Consumer Survey' Pops up in this process, just CLOSE that tab and it will take you back where you should be.]

- We make monthly donations to the Alano Club as we would normally, and make contributions to our Intergroup and World Service.
- "Newcomers are our guests. Instead of donating, we ask that you wait to donate until you are sure you want to be here. Rather use your money to purchase literature that can help you through the days ahead."
- **Announcements:** "Are there any announcements for the benefit of OA?"
- "This group holds a business meeting on the second Sunday of the month. If this is your home group we encourage you to attend. Giving service is a way of enhancing your own recovery.
- Do we have a volunteer to lead the next meeting? You can let me know now, in the Chat window, or at the end of the meeting. Thank you.
- Also, just a reminder that you are welcome to sign in with your name and phone number in the chat window.

CLOSING - at 9:25 – same for all weeks:

- **[If this was a Big Book Study, ask:]** Would someone please mark on the Sign-in sheet the page and paragraph we ended on today in the big book?
- Are there any newcomers or anyone who is struggling who would like to share?

- “If you did not have a chance to share or were cut off due to time, please remember that we do care about you and that we encourage you to talk with someone after the meeting. Is there a volunteer with 30 days of abstinence who is willing to stay after the close of the meeting if anyone needs to talk more or ask questions?” Thank you _____.
- “Who would like to read **“The Promises?”** [*Give the sheet to that person*]
- “By following the Twelve Steps, attending meetings regularly and using the OA tools, thousands have changed their lives. Overeaters Anonymous offers hope, and we in OA offer encouragement. To the newcomer, we suggest attending at least six meetings before deciding if OA is for 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. *Who you see here; what you hear here; when you leave here; let it stay here.*” [*Here Here!*]
- “Thank you all for being here at the Sunday Morning meeting of OA. “
- **[2nd Sunday of the month]**: “We will have a group business meeting today directly following the close of this meeting. All members of Overeaters Anonymous are invited to stay and participate.”]
- “Thank you for letting me be your leader today. **All are welcome to stay on Zoom after the close of the meeting for OA fellowship.**
- Will all who wish to, please **un-mute yourselves** and join me in a moment of silence for the still suffering compulsive overeater and then the Serenity Prayer.”

After the Serenity Prayer: “Keep coming back! It works, if you work it, and you’re worth it.”

Thank you for being our leader this morning!