

**Meeting Contact Person is Judith: 206-362-8897**

**Sunday Night Edmonds Meeting of Overeaters Anonymous**

***Note for the Leader: Please be mindful of the newcomer and speak slowly and clearly.***

1. Welcome to the Sunday Night Meeting of Overeaters Anonymous. My name is \_\_\_\_\_, I am a compulsive overeater and your leader for tonight.
2. Will all those who wish to, please join me in reciting 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. At this time, we ask that you keep your audio muted until you wish to address the entire group. Please also stop your video if you are walking or moving around. Our Host will adjust settings when needed to reduce distractions as it is important to create a calm and welcoming environment for all.
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 to carry the message of recovery through the 12 steps of OA to those who still suffer.**

5. Are there any other compulsive overeaters here beside myself? Feel free to briefly unmute, waive your hand, or use the Raise Hand feature in Zoom. Is there anyone here for their 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> time? \*

**\*Leader: Read the following only when there are newcomers:**

- Kindly share your first name so that we may welcome you.
- Please let us know if you would like a Newcomers Packet (if so, we will need your full name and address as required by the Post Office). You may otherwise refer to the Getting Started section under the Menu on [oa.org](http://oa.org) or visit [oa.org/document-library](http://oa.org/document-library) and select the Category "New to OA".
- Check the Zoom Chat for our names and phone numbers and feel free to reach out for support and fellowship. At your request, we can also add your name, phone and e-mail to our contact list and Google group, Edmonds in Recovery. Please just let us know.

6. Is there anyone here that is **returning to OA** or visiting from another area? \*\*

**\*\*Leader: Read the following only if there are returning members:**

- Please tell us your first name so that we may welcome you.

7. Everyone is invited to sign our virtual "We Care Book" by adding your first name, phone number and a brief comment in the Zoom Chat section. If you are willing to be a sponsor, please make a note of that. This is one of the ways that we are sharing our contact information with one other and staying connected. Feel free to take down numbers or copy & paste from the Chat so that you can continue fellowship outside of the meeting. (Please let us know if you need technology tips.)

Sponsorship is one of the keys to success. Sponsors are OA members committed to abstinence and to living the Steps and Traditions to the best of their ability. To find a sponsor, look for someone who has what you want and ask how they are achieving it.

8. Will someone please read the 12 Steps?

9. Will someone please read the corresponding Tradition of the Month?

10. 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 9 tools are: **A plan of eating, Sponsorship, Meetings, Telephone, Writing, Literature, Anonymity, A Plan of Action, and Service.** Will someone please choose a tool and briefly share their experience in using the tool?

11. Only OA approved literature is used at this meeting. Many OA members find that reading our literature daily helps to further reinforce how to live the 12 Steps.

12. According to our 7<sup>th</sup> Tradition we are self-supporting through our own contributions. Our usual group expenses are Zoom fees, rental space, and literature. We also support Greater Seattle Intergroup, Region and World Service Office to help carry the message to other compulsive overeaters. To contribute to our group, visit the Seattle OA website, click the "Donate" button for Sunday, and then select "Sunday 6:30 PM Edmonds" from the dropdown box. If you are new, we suggest that you save your donation to use towards the purchase OA literature.

13. Are there any OA related announcements?

**On the second Sunday of the month ONLY**

- The GSI representative may give a brief report on the meeting (NOTE: The GSI rep is welcome to make additional brief announcements to update information as needed each week.)
- We will also conduct a business meeting on the second Sunday or as needed.

14. At this time, we will now take turns reading. Please keep your audio on mute you are finished reading. You may read as little or as much as you like, or pass, as there is never any obligation to participate. This week we will be reading from \_\_\_\_\_.

**Weekly Format:**

**1<sup>st</sup> Sunday:** Tradition of the month

**2<sup>nd</sup> Sunday:** Leaders choice of OA approved literature (read for 10 min)

**3<sup>rd</sup> Sunday:** Step of the month

**4<sup>th</sup> Sunday:** First 164 pages of the Big Book (read for 10 min)

**5<sup>th</sup> Sunday:** Leaders choice of OA approved literature (read for 10 min)

15. As you share your experience and strength in OA, 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, 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 with your sponsor and other members after the meeting. 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.

16. Please try and limit your share to 4 minutes or less so that all who wish to may have a chance to share. All attendees are welcome to share, but there is never an obligation or any pressure to do so. Would someone like to be the timer? The meeting is now open for sharing.

***At 7:25 PM or when everyone has had a chance to share:***

- Does anyone have a burning desire to share?

17. 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.**

18. Let us reach out to newcomers, returning members and each other. This is an important part of our recovery from compulsive overeating.

19. Thank you for letting me be your leader tonight. Would someone please volunteer to be the leader for this meeting next week?

20. After a moment of silence, will all those who wish to please join me in \_\_\_\_\_. \*\*\*

\*\*\***Prayer Options:** Serenity Prayer, 3<sup>rd</sup> Step Prayer, 7<sup>th</sup> Step Prayer, OA Promises

- <https://nhaa.net/useful-links/prayers-promises/>
- <https://oa.org/working-the-program/prayers-meditation-2/>