

## Saturday Night Lifeboat Meeting - Leader Guide

- **Please start the meeting promptly at 7 pm**
- Welcome to the Saturday night Lifeboat Meeting of Overeaters Anonymous. My name is \_\_\_\_\_, I am a compulsive eater, and your leader for this meeting. I am leading this meeting because I volunteered at last week's meeting to do this service. Keep an ear out later in the meeting for the opportunity to volunteer to lead next week's meeting.
- 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.”*
- In consideration of others, we ask that, if you are doing an activity you would not do at an in-person meeting, you turn off your video until the activity is done.
- Please use Zoom's Chat function to leave your name and phone number (and location, if you wish), so that others may call you, and feel free to take numbers to call others. Note that you can save chat to your computer by clicking on the three dots in the space where you type chat messages (that function is not available if you're using the Zoom app on your phone). If you're unable to save the chat for any reason, please provide your email address, with a request to have it emailed to you.
- Is there anyone calling in on the phone who would like to have their name displayed, instead of their phone number?
- Is there anyone new to OA- at their first, second or third meeting; at this meeting for the first time; or returning to OA after some time away? Would you please tell us your first name so we can welcome you? If you would like a call this week please list your name and number in the chat and say you'd like a call.
- Who will volunteer to call newcomers this week?
- **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.

- Would someone please read the **12 steps of OA**?
- Would someone please read the **Tradition of the month**?
- **TOOLS:** Our solution to compulsive eating is through working the 12 steps. In addition, there are nine tools for use in OA program: *Plan of Eating, Literature, Writing, Action Plan, Anonymity, Telephone, Meetings, Service, and Sponsorship*. The Zoom host will post a link to a basic description of the tools; for more detailed information, please refer to the pamphlet, "Tools of Recovery" available at [bookstore.oa.org](http://bookstore.oa.org).
- **Who will be our timer?**
- **[IF NEWCOMER PRESENT]** Since we have a newcomer tonight, who is willing to share their first step story for 3 minutes?
- **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 hands, and leave them raised for a moment? Please also include that information in the chat, including whether you're a 12-day sponsor.
- **MEETING FORMAT:** This meeting is currently studying the Overeaters Anonymous 12 Steps and 12 Traditions, on all except the third Saturday of the month, when we have a speaker.
  - [On 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Saturdays:] This week, we are reading Step/Tradition \_\_\_\_\_ . Who would like to begin the reading?
  - [On 3<sup>rd</sup> Saturday:] This week, we have a speaker, who will share their story for 15 minutes. How would the speaker like their time?
- **SEVENTH TRADITION:** According to our Seventh Tradition we are self-supporting through our own contributions. Our Seventh Tradition states that Overeaters Anonymous "ought to be fully self-supporting, declining outside contributions." While no fees or dues are required for membership, OA members have a responsibility to keep our rooms open, provide opportunities for fellowship, and spread our message of recovery. We are collecting 7<sup>th</sup> Tradition through a link on the [seattleoa.org](http://seattleoa.org) website, which the Zoom host will post in the chat. The suggested donation is \$5.00 but if you cannot donate please keep coming back. Newcomers are our guests; please do not donate, but consider ordering literature instead, at [bookstore.oa.org](http://bookstore.oa.org).
- Are there any **announcements** for the good of OA?
- Is anyone celebrating an OA milestone this week?
- There will be a **business meeting held on the second Saturday of each month, after some brief post-meeting fellowship**. If you have ideas for our next business meeting, please include them in the chat, and come to the meeting to present them.
- **SHARING:** Now is the time for open sharing. As you share your experience and strength in OA,

please 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). Feedback, cross-talk (including private chats), and advice giving are discouraged. Please keep your share to 3 minutes to allow more people an opportunity to speak, and consider allowing others to share first if you had a chance to share last week. You can indicate your desire to share by raising your hand in the participant list, or by pressing \*9 if you're on the phone. The host will call on people in the order hands were raised. *[Leader chooses a topic.]*

- *[AT 7:55 PM]* Does anyone have a burning desire to share?
- **PROMISES:** Would someone please read the promises on page 83 of the Big Book?
- **LEADER FOR NEXT WEEK:** Before we close, may we have a volunteer to lead the meeting next week? All you need to do is read this script, which is available at [www.seattleoa.org/meetings](http://www.seattleoa.org/meetings), next to our meeting's information.
- **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.
- 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, and to provide space for newcomer questions.
- 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*.