

Saturday University Step Study — Zoom meeting leader's script

10am—open the meeting

- Welcome to the Saturday morning meeting of Overeaters Anonymous.
- My name is _____ and I am a compulsive eater and your leader for this meeting.
- A few housekeeping notes for this Zoom meeting:
 1. Please familiarize yourself with zoom functions and use the MUTE feature for the entire meeting, unless you are sharing with the group and during the prayers.
 2. If you have joined on a phone, use *6 to mute or unmute (or *1). Use *9 to raise and lower your hand to request to share.
 3. If you joined using a computer, you can use the space bar to temporarily unmute.
 4. Please use the CHAT function to sign in with your name, phone if you sponsor, and any comments you'd like to leave. You can also add your phone number next to your name on the screen.
 5. If you would like a copy of the virtual phone list from today's Zoom chat, please contact Pat S at 206-282-9197.
 6. Please treat the meeting like a regular meeting. If you are doing something you would not do at an in person meeting please turn off your video.
 7. If there are other people in the room, please protect the anonymity of participants by using headphones.
- Please join me for a moment of silence to reflect on the reasons why we are here, followed by the Serenity Prayer, for those who wish to join us:

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.

- 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.
- Who would like to read the OA Preamble from the OA 12 and 12? (First page in the book)
- Who would like to read the 12 steps of OA?

- Who would like to read the 12 traditions of OA?
- If anyone is here for your first, 2nd or 3rd OA meeting, returning to the program or visiting from out of town, please tell us your first name so that we can get to know you. *Pause.*
- *If we have a newcomer, ask:* Will an OA member please share his or her First Step experience, strength, and hope for up to 3 minutes? *Pause.* And do we have someone willing to time?
- Our meeting follows this format: on the first Saturday of the month, we read the Tradition of the month from the OA 12&12, the second Saturday is a Step study from the 12&12, the third Saturday is a speaker meeting, and the fourth and fifth Saturdays are be Step studies.

ON THE 1ST MEETING OF THE MONTH

- This morning we will read and discuss Tradition _____ from the Twelve Steps and Twelve Traditions of Overeaters Anonymous. Please read a several paragraphs and pass for the next person to read. Who would like to begin?

The group begins this week's reading now, then skip to the business break.

ON THE 2ND, 4TH, AND 5TH MEETINGS OF THE MONTH

- This morning we will read and discuss Step _____ from the Twelve Steps and Twelve Traditions of Overeaters Anonymous. Please read several paragraphs and pass for the next person to read. Who would like to begin?

The group begins this week's reading now, then skip to the business break.

- *If reading the Fourth Step, announce:* When reading the Fourth Step we skip the italicized inventory questions, which start on page 34.

At the point where the questions begin on page 28, interject: As a reminder, this is where we skip the italicized text and jump ahead to page 36.

ON THE 3RD MEETING OF THE MONTH

- As it is the third Saturday of the month, we have a speaker to share their story for 15 minutes, describing what it was like, what happened and what it's like now.
- Do we have someone willing to time? *Pause.* Thank you.
- I'll now turn the meet over to _____.

Business break

- Our monthly business meeting takes place after our regular meeting on the first Saturday of the month.

If it is the first Saturday, add: which happens immediately after this meeting.

- We invite everyone to attend.

If it is the first Saturday add: May we hear the Treasurer's report? Pause.

- According to our Seventh Tradition, we are fully self-supporting through our own contributions. We support the Greater Seattle Intergroup (GSI) and OA World Service. The suggested donation is \$5, please give what you can. We are using the PayPal account on the GSI website, SeattleOA.org for the 7th Tradition. Go to the Saturday meetings donations page and specify the donation for the University District Meeting.
- Newcomers are our guests, so please do not donate but consider ordering literature instead.
- Are there service position openings? *Pause.*
- Are there any announcements for the good of OA? *Pause.*
- A reminder to use the chat area to add your contact information if you wish, and copy numbers of people who you might call. Reaching out to other members between meetings is a helpful way to work the program and stay connected with the Fellowship.
- Did anyone achieve a milestone in their recovery? *Pause.*

Sharing

- Now is the time for sharing. This meeting focuses primarily on our program and on recovery. *If it is the third Saturday, ask the Speaker for a topic.* Please share about the topic or the reading, your experience with the disease of compulsive eating, the solution offered by OA, and how you use the program and the Fellowship in your life.
- In this meeting, the leader calls on people. Our intention is to encourage everyone to move forward in his or her recovery. Feedback, crosstalk, and advice giving are discouraged. If you wish to respond to someone, please do so after the meeting.
- Please limit your share to three minutes to give as many people as possible a chance to speak today. When you hear the timer go off, **please finish your sentence quickly**, out of respect for other members.
- *You are welcome to call on yourself. Consider calling people who don't share often, folks you don't know, or anyone with a recovery milestone.*
- Could we have a volunteer to manage our timer?

Newcomers break—11am

- A reminder that we are collecting the 7th tradition through the GSI PayPal account at **SeattleOA.org**. You need to go to the meetings list to donate to a specific meeting. The suggested donation is \$5, please give what you can.
- Now is the time for newcomers to share. Afterwards, we will return to general sharing. If you are a newcomer, we invite you to share now.

Long pause—it can take a few moments for newcomers to decide to speak.

Ask after a long pause: Any other newcomers who'd like to share?

- *After newcomers have shared:* Now we'll return to general sharing. In light of our expanding zoom meeting, if you shared last week please consider allowing other people a chance to share. If you wish to share and you entered using a computer please raise your hand in the participant list, if you entered from a phone you can raise your hand using *9. *Call on raised hands.*

Closing—11:25am

- We're out of time for sharing today. If you had wanted to share but didn't have the chance to do so, please take numbers from the chat and feel free to make calls.
- Would all sponsors please raise your hands and keep them up for a moment? *Pause.* Please call one of these people after the meeting if you have any questions. And thank you for your service. To find a sponsor, look for someone who has what you want and ask her or him to sponsor you. You can ask anyone to be your temporary sponsor, even those who did not raise their hands.
- Anyone is welcome to lead this meeting. We especially encourage those who haven't led a meeting in the past three months. May we have a volunteer to lead next week's meeting? *Pause.* Thank you.
- *If it is the first Saturday:* A quick reminder that our business meeting starts immediately after this meeting.
- In closing, please be aware that the opinions expressed here by those who shared belong to us and are not necessarily those of OA as a whole. 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, please let it stay here.

- After a moment's meditation, please join us, if you wish, in a closing prayer. *Leader's choice: Serenity Prayer, the We-form Serenity Prayer, the Third Step Prayer, etc.*