

STEPS 1-3 FOCUSED MEETING OF OA

[Official meeting # 89127]

[Before the meeting ask for VOLUNTEER a) TIMER b) read STEPS c) read TRADITIONS]

1. **At 6:30 pm:** “Welcome to the Thursday night STEP 1, 2, 3, FOCUSED meeting of Overeaters Anonymous. My name is _____, and I am the leader for the meeting tonight.”
2. “Will those who wish, please 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.”
3. **“Welcome.** This meeting focuses on the first three steps. Our goal is to create an environment to share **HONESTLY** about our 1st step experience, encourage renewed **HOPE** through study of the 2nd step, and increase **FAITH** with working the 3rd step.
4. **OA’s Unity With Diversity Policy** respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait.
5. “We of Overeaters Anonymous have found in this Fellowship a way to recover from the disease of compulsive overeating. We use the terms "compulsive overeating" and "compulsive eating" interchangeably. These terms include, but are not limited to, overeating, under-eating, food addiction, anorexia, bulimia, binge eating, over-exercising, purging and other compulsive food behaviors. No matter *what* form our disease takes, anyone having a problem with food can find help in Overeaters Anonymous.
6. “I’ve asked _____ to read the **12 Steps of OA.**”
7. “I’ve asked _____ to read the **12 Traditions of OA.**”
8. “If you are a **NEWCOMER** to OA, or at your first, second or third meeting, please tell us your first name if you choose to so that we can welcome you and get to know you.” **PAUSE FOR INTRODUCTIONS.**
THEN ADD: “We suggest attending at least six different meetings before deciding if OA is right for you. Please stay after the meeting tonight when members will answer any questions you may have to the best of their ability .”
9. “The **OA TOOLS** help us work the Steps and refrain from compulsive overeating. They are: plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service.”
 - a. **“SPONSORSHIP** is one of our keys to success. Sponsors are OA members committed to abstinence and to living the Twelve Steps and Twelve Traditions to the best of their ability. To find a sponsor, look for someone who has what you want and ask how he or she is achieving it.
 - b. **“A 12 DAY SPONSOR** helps newcomers, returning members, and others, with a personal, short-term introduction to OA, to learn how it might help them to gain freedom from this disease.

This 12 day sponsor helps a newcomer better understand the program in a very structured way over twelve phone calls, over approximately two weeks.”

10. “Each week a **VOLUNTEER WILL READ** from program-approved literature relating to the first, second or third steps for approximately 3 MINUTES and **PRESENT A QUESTION** for the group to consider during a 5-MINUTE writing period. This week _____ has volunteered.”

*******PAUSE FOR FIVE [5] MINUTE WRITING*******

11. “Our monthly **BUSINESS MEETING** follows this meeting on the first Thursday of the month for fifteen minutes. We encourage everyone to attend to support and feel ownership of the meeting.”

12. “There are **NO DUES OR FEES** for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. The suggested donation is \$5, and there is a link in the chat and on the SeattleOA.org website if you would like to make a donation. If you are unable to donate, please keep coming back. Newcomers, please be our guest.

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.”

13. “We use the **CHAT FUNCTION** as our Virtual We Care List. Please add your phone number and/or email, take down numbers to call or text during the week. Also, please make note if you are a sponsor, and/ or a 12 day sponsor, and whether you are currently available. Are there any announcements for the good of OA?”

14. “Now is the time for **SHARING**. Please keep your share to 3 minutes to allow more people to speak. Raise your virtual hand in the reaction or participant section of zoom, depending on which version of zoom you have. If you are calling in please press *9 to raise your hand.

15. **At 7:10 pm:** “Now is the time set aside specifically for **NEWCOMERS** to share, if you choose to, so we may get to know you. We will then return to general sharing.

16. **AT 7:25:** “That is all the time we have tonight. If you did not get a chance to share but would like to, please stay after to talk or call another member to reason things out. The opinions expressed here today are those of individual OA members and do not represent OA as a whole. **ANONYMITY** is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. Whom you see here, what you hear here, when you leave here, let it stay here.”

18. “Is there someone who has not volunteered in the last month that would like to **offer a READING** from program-approved literature and **one QUESTION** for the group next week?”

19. “After a **MOMENT OF SILENCE**, will those who wish, please join in The Serenity Prayer [or Seventh Step Prayer, Third Step Prayer, or the OA Promise ‘I put my hand in yours....’]”