

FRIDAY NIGHT DENNY PARK Secretary's Guide

2nd 3rd 4th 5th FRIDAYS MEETING

Welcome to the Friday night Denny Park meeting of Overeaters Anonymous. My name is _____ and I am a compulsive overeater and the Secretary for this meeting. Will all 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."

Are there any other compulsive overeaters here beside myself? For those wishing to leave their contact information, you can enter it in the chat thread, state it after your share, re-name yourself in Zoom to include it under Participants, or state it after the meeting has ended. Feel free to take contact information for support between meetings. When you are not speaking, please make sure your line is muted. If you're calling in, you may mute and unmute yourself by hitting star 6. Video participants may do so by hitting the mute button on your screen. This fellowship has made the decision to support the eating of meals during the meeting when necessary. Out of consideration to others, we ask that all food be consumed on mute and off camera. Feel free to join on camera when finished.

May I have a volunteer to start reading "Our Invitation to You," which includes the 12 Steps? Please read some, then say "pass."

May I have a volunteer read the OA tradition of the month?

Are there any newcomers or visitors here for the first time?

[If newcomers are present, read the following indented section. If not, skip to "Tools."]

Please give us your first name only so we can welcome you and, if you wish to, state your phone number.

In this meeting we read “The Big Book” of Alcoholics Anonymous and apply what we read to our experiences with food and compulsive overeating.

Would someone be willing to share their first step story for 3 minutes? Would someone be willing to time?

TOOLS: In OA, "abstinence is the action 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 Twelve-Step program." The OA tools of recovery help us work the steps and be abstinent. For more information, please read the pamphlet "Tools of Recovery."

SPONSORS: "Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the Steps and Traditions to the best of their ability. Sponsors share their program up to the level of their experience, and strengthen their recovery through their service to others. To find a sponsor, find someone who has what you want and ask how they are achieving it."

Will all sponsors please raise your hands?

[Pause for hand raising]

Will all available sponsors please keep your hands raised?

If you are an available 12-Day Sponsor, please indicate in the chat.

[On the **2nd 3rd 4th Fridays** of the month, read the following]:

The focus of this meeting is reading OA approved literature, followed by writing and meditation. We will read for 7 minutes, followed by 7 minutes of writing, and 7 minutes of meditation.

Would someone be willing to be our timer?

For the timer, when the time is up, please state that the time is up with a gentle reminder, and, for the speaker, please acknowledge that it has been heard.

READING: Please set the timer for 7 minutes of reading. We read a few paragraphs per person, then pass for another to read. Who would like to start?

[7 minutes reading]

If you feel more comfortable with your video off during writing and meditation, you are welcome to turn your camera off.

WRITING: Please set the timer for 7 minutes of writing. Feel free to write about the reading or anything you wish.

[The Secretary may choose a topic for the writing.]
[7 minutes writing]

MEDITATION: OA Step 11 states that: "Meditation is our way of quieting our minds so we can get better acquainted with this Higher Power of ours. ... Our purpose in meditating is simple: We seek to relax and receive spiritual nourishment by experiencing more fully our connection with our true unfragmented selves and with our Higher Power." Please find a comfortable position and remain muted during this time. Please set the timer for 7 minutes.

[7 minutes meditation]

[On the 5th Friday of each month, read the following]:

On the fifth Friday of each month, we have chosen to focus on reading a

personal story from the Big Book in its entirety.

7TH TRADITION: We are self-supporting through our own contributions. We support the Greater Seattle Intergroup (GSI), OA Region 1, and OA World Service. The suggested donation is \$5, but please give what you can. We are using the PayPal account on the GSI website. Please go to www.SeattleOA.org/meetings, and select the yellow “Donate” tab on the right of Friday meetings. Select the drop-down box of “Fri 7pm Denny Park.” Newcomers are our guests, so please do not donate, but consider buying literature instead.

Does the GSI rep have any brief OA-related announcements?

SHARING: Now is the time for open sharing. As you share your experience and strength, please also talk about your hope. Please confine your share to your experience with the disease of compulsive eating, the solution offered by OA and your own recovery from the disease. If you are having difficulties, discuss 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 to your sponsor and other members after the meeting.

Cross-talk, feedback, 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 speaking/sharing.

You have up to 3 minutes to share. The meeting is now open for sharing.

[At 8:10 p.m.]: Does anyone have a burning desire to share to keep from binging, restricting and/or purging?

I wish to thank all those who shared. If you did not get a chance to share, please talk to someone after the meeting, and be sure to use the phone numbers offered for outreach calls.

The opinions expressed here today by those who shared are their own and not necessarily those of OA as a whole. Remember our cherished tradition of anonymity: "Who you see here, what you hear here, let it remain here, when you leave here."

We have a group conscience business meeting the first Friday of every month, right after this meeting, which all are welcome to attend.

[If Newcomers present:] Will everyone available to stay and talk with newcomers please raise their hands?

Thank you for the opportunity to be your Secretary. After a brief moment of silence, will all 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."

Keep coming back, it works if you work it, and you're worth it!