

SUNDAY 7pm Greenlake Meeting, Script-- 4rd Virtual Edition 1

Welcome to the Sunday 7PM Greenlake meeting of Overeaters Anonymous.

My name is _____ and I am a compulsive overeater and the leader for tonight's meeting. The Zoom Host is available during the meeting if you need assistance.

After a moment of silence, 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 besides me?

In our virtual meeting, please:

- Remember the tradition of anonymity, and ensure that as you attend our virtual meeting, you honor each other's anonymity.
- Please silence your cell phones and other distractions.
- All attendees will be muted at the start of the meeting.
- If the meeting is interrupted, please be patient while the Zoom Host addresses the issue.

Thanks for your cooperation in these matters.

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 Twelve Steps of OA to those who still suffer.”

As we extend the heart and hand of the OA Fellowship to those who still suffer, let us be mindful of OA's Unity with Diversity Policy, which 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

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of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait.

Would someone please read The Introduction to the Twelve Steps? (found in the 2nd edition of OA's 12 steps and 12 Traditions)

Would someone please read the 12 Steps?

Would someone please read the 12 Traditions?

On the 2nd, 3rd, 4th and 5th Sundays: May I have a volunteer who will tell their first step story for up to 3 minutes? Who will keep the time?

STATEMENT ON ABSTINENCE AND RECOVERY:

“Abstinence in Overeaters Anonymous 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 and working the Overeaters Anonymous Twelve Step program on a daily basis.”

Many of us have found that we cannot remain abstinent unless we use OA's nine Tools of Recovery. These are:

- a plan of eating
- writing
- telephone
- sponsorship
- literature
- service
- meetings
- anonymity
- action plan

For more information, please read the pamphlet called Tools of Recovery found at www.oa.org.

Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and living the 12 steps and 12 traditions to the best of their ability. Sponsors share their program up to the level of their own experience, and strengthen their recovery through this service to others. To find a sponsor, look for someone who has what you want, and ask how they are achieving it.

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

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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.

If you are willing to answer questions after the meeting about what sponsorship means, please raise your hand. *(Pause)* Thank you.

The telephone is one of our tools of recovery. We use Zoom's chat feature to share our first name, phone number and/or email address with each other. The chat is now enabled. If you are a Newcomer, please add "NC" before your name and feel free to take phone numbers.

You may also rename yourself to include your phone number, by doing this members can see your phone numbers even if they miss your chat posts.

CHIPS

At this meeting we've voted to pass out poker chips as a symbol that, when we pick up a compulsive bite, we are gambling with our lives.

- Would anyone like to make a commitment to surrender (with a virtual white chip)
- Would anyone like to announce an abstinence milestone?

Thank you and Congratulations to everyone!

THE SEVENTH TRADITION and ANNOUNCEMENTS

According to OA's 7th Tradition, we are self-supporting through our own contributions. Newcomers are asked not to give, but to buy literature instead at www.oa.org. This group has its monthly business meeting at 8:15 pm on the 3rd Sunday of the month. This is where the treasurer's report is given and group decisions are made. All members are encouraged to attend.

You can donate online by visiting seattleoa.org/meetings and clicking the DONATE button for the Sunday meetings.

Are there any announcements for the good of OA?

Are there any service positions open for this meeting? *(Paste this link in the Zoom chat for 2022)* https://docs.google.com/document/d/1CmInTNTMMKsoDH8BAjkoiZaVtaO1YzSQL8-pA_zdZas/edit#heading=h.2xcytpi

NEWCOMERS

Is there anyone here attending OA for their 1st, 2nd or 3rd time? If so, please raise your hand so we can welcome you. (*Welcome each person by name*).

(If there are one or more newcomers, read the following:)

Newcomers are encouraged to share and ask questions if they like. We'll have a time set aside for those questions and shares later in the meeting.

Newcomers are also encouraged to stay on Zoom after the meeting during Fellowship Time when a number of members will be available to answer questions.

We encourage you to get a sponsor to help guide your recovery, develop a plan of eating, and read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.

Our Meeting Format:

1st Sunday: Speaker

2nd Sunday: Step study

3rd Sunday: Tradition

4th Sunday: Literature Study: read for 15 min from the OA "Brown Book: 3rd Ed."

5th Sunday: Tool study

For a Speaker meeting, please announce: "Tonight, _____ will share how he/she works their OA program. Who will time our speaker?"

For a Step or Tradition meeting, please announce: "Since this is the month of ____, tonight we will read Step (or Tradition) ____. We will read in popcorn style; please read a paragraph or two and then pass"

(note that this group voted to refrain from reading the questions aloud in the Step 4 Chapter)

For an OA Brown Book meeting please announce: "Since this is the 4th Sunday of the month, we will read from the OA Brown Book, 3rd Ed. We will read in popcorn style; please read a paragraph or two and then pass." Will _____ (previous volunteer timer) time us for 15 minutes? Who would like to start on p. _____

For a Tool meeting, please announce: "Since this is the 5th Sunday of the month, we will read from the Tools of Recovery" pamphlet."

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After the reading or speaker:

Now is the time for **Open Sharing**. Feedback, cross talk and advice giving are discouraged here. Cross talk is interrupting, verbally reacting/responding or having side conversations – either during or after someone’s share. OA’s 5th Tradition states, “each group has but one primary purpose to carry its message to the compulsive overeater who still suffers.” As you share your experience and strength in OA, also share your hope. Please confine your sharing to your OA recovery. Please respect the group and follow these guidelines.

The topic is _____ (*tonight’s step, tradition, tools, or the “speaker’s choice”*). You have up to 3 minutes to share. Will _____ (*previous volunteer timer*) continue timing? The meeting is now open for sharing.

7:50 Newcomer Break

Now is the time for newcomers to share, if they have not already, or ask questions if they wish.

Anyone moved to answer a newcomer’s question, please respond succinctly so we can get to as many as possible in the five minutes we have allotted for this service. (*Pause. Once all newcomers have shared or asked questions, we can return to open sharing*)

We’ll now return to general sharing.

8:10 CLOSING

Does anyone have a “burning” desire to share? Does anyone have a need to share in order to keep from bingeing or restricting? (*pause*)

Would someone please read the 9th step promises from the AA Big Book, starting on p. 83? Thank you.

The opinions expressed here tonight are those of the individual OA members and do not represent OA as a whole. Let us all reach out to newcomers and returning members. This is an important part of our recovery from compulsive overeating. Please remember the tradition of Anonymity, which means: “Whoever you see here and what you hear here, let it stay here when you leave here.”

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Thank you for being here tonight and allowing me to be your leader. Please come back next week when another recovering member of OA will lead the meeting. May I have a volunteer to lead the meeting next week?

After a moment of silence, would you please join me in the _____prayer?

(For Rozanne's Prayer, you can post this link or paste in the prayer itself into the chat.

<https://oa.org> › [app](#) › [uploads](#) › [2021](#) › [08](#) › [oa-promise.pdf](#))

If there are newcomers, remind the group that the volunteers can stay to answer questions. The Zoom Host may transfer host duties at this time.

(Thanks for your service!)