

## Thursday Night Millcreek Meeting of Overeaters Anonymous

Welcome to the Thursday night meeting of Overeaters Anonymous. My name is \_\_\_\_\_, and I am a compulsive overeater and your leader for this meeting. We ask that you remain muted unless speaking.

Will those who wish to, 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 the wisdom to know the difference.

Are there any compulsive overeaters here beside myself?

Is there anyone here for their first, second or third time? Will you please tell us your first name so we can welcome you? If you are returning to OA or are visiting from another area, please tell us your first name so we can welcome you.

**Leader:** [If there is a newcomer](#), please ask – Will someone who has worked the steps please take 3 minutes and share their first step experience for the newcomer(s).

The following is the Overeaters Anonymous 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 overeating and to carry this message of recovery to those who still suffer.

<Ask people to read from handouts using the information in box below>

1. Will the friend who has the 12 Steps please read.
2. Will the friend who has the Tradition of the month please read.

**Abstinence** is defined as the action of refraining from compulsively 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.

**Literature:** Many OA members find that reading our literature on a daily basis further reinforces how to live the Twelve Steps. Pamphlets and books can be purchased at [oa.org](http://oa.org).

The chat for this meeting is used as our **electronic meeting Record Book** . Please add your first name and phone number. Information in chat can be used to reach out to each other after this meeting.

**Reports:** “Are there any brief announcements for the good of OA?”

**Business Meeting:** Our business meeting is held the third Thursday of each month.

If it's the 3<sup>rd</sup> Thursday announce that the business meeting will follow the regular meeting and all are invited to attend.

**Call for Service:**

- Can we get a volunteer to time for this meeting?
- Do we also have a volunteer to lead next week's meeting?

**Literature Reading:** This is a literature meeting. Today, we are studying

Week 1: Step	_____
Week 2: Big Book	_____
Week 3: OA Literature	_____
Week 4: Tradition	_____
Week 5: Speaker	_____

**WEEKS 1 – 4 (Literature Study):** Members take turns reading a paragraph or two or can choose to pass. If we are reading a step or tradition, we will read to the end. Otherwise we will read until 7:20pm, or at the logical end of a chapter. The leader will let the group know when it is time to stop reading.

**Week 5 (Speaker):** The speaker will share for 15 minutes and suggest a topic for sharing.

**After the reading:**

**Meditation:** We will now have five minutes of silent meditation. As Step Eleven teaches us, meditation is a way of stilling our minds and opening our spirits to our Higher Power's influence. It offers us a way to relax without eating. Now make yourself comfortable. Let go of any tension in your body, and begin. The timer will sound when five minutes have passed.

**Seventh Tradition:** “According to our Seventh Tradition, we are self-supporting through our own contributions. A suggested donation of \$2 or more by each person will help ensure that this meeting will continue. Your seventh tradition donation can be made by going to [Seattleoa.org](http://Seattleoa.org) and selecting Thursday Night Millcreek.

**Sponsors:** “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. Sponsors share their program up to the level of their experience, and they strengthen their recovery through this service to others. To find a sponsor, look for someone who has what you want and ask how he or she is achieving it. Will all abstinent sponsors please identify themselves?”

**Suggested Guidelines for Sharing:** As you share your experience and strength in OA, please also share your hope. Feedback, cross-talk, 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. The meeting is now open for sharing. Please limit your share to 4 minutes so all have time to talk. You will receive a gentle reminder after 3 minutes and will have 1 minute to finish your share. If there is time at the end, you may share a second time. Our current timer is \_\_\_\_\_.

**Sharing will close at 7:55 PM.**

**LEADER:** *IF there is time left over after everyone shares and we have waited for approximately two minutes for any additional shares, please read the following:*

**From the AA Big Book, Fourth Edition, page 417:**

“And acceptance is the answer to *all* my problems today. When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God’s world by mistake.” Until I could accept my alcoholism, I could not stay sober. Unless I accept life completely on life’s terms I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.

**Will the friend who has the 9<sup>th</sup> Step promises from the book Alcoholics Anonymous please read.**

**Closing:** The opinions expressed here today are those of individual OA members and do not represent OA as a whole. Please remember our commitment to honor each other’s anonymity. ‘What you hear here, whom you see here, when you leave here, let it stay here.’ Let us all reach out by phone or email to newcomers, returning members, and each other. Together we get better.

Thank you for allowing me to lead this meeting. After a moment of silence, will those who wish to please join me in \_\_\_\_\_ (*closing prayer of your choice*).” *The 1993 Business Conference suggests that meetings be closed with the Serenity Prayer, the Seventh-Step Prayer, the Third-Step Prayer, or the OA Promise “I Put My Hand in Yours.*