

Monday 7 PM Columbia City Meeting

Leader Format
(Final July 2022)

Welcome to the Monday 7 PM Columbia City meeting of Overeaters Anonymous. My name is _____ and I am a compulsive overeater (bulimic, anorexic, etc.) and the leader for tonight's meeting. 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.*

Are there any other compulsive overeaters here besides me? Are there any newcomers or visitors here for the first, second or third time? Please give us your first name so that we can welcome you. [Pause] Newcomers, we invite you to put your name and contact information in the Chat Box, so someone from the meeting may contact you. Or you can chat directly with the leader to share contact info.

Is there anyone calling in on the phone who would like to have their name displayed on the screen instead of their phone number? (Host does this.)

[Read If newcomers are present] We encourage newcomers to:

- Read OA-approved literature to develop a working knowledge of the 12 Steps and 12 Traditions.
- Get a sponsor to help guide your recovery.
- Develop a plan of eating and, if you wish, write it down and report daily to your sponsor.

Now we will have introductions. The Leader will call your name and ask you to introduce yourself. If you don't want to introduce yourself, feel free to say pass. (*Proceed to name each person and wait for them to introduce themselves.*) All are encouraged to place your contact information in the Chat Box.

When you are not speaking, please make sure your line is muted. If you are calling in, you may mute and unmute yourself by pressing Star-6. Video participants may do so by clicking the mute button on your screen. At this meeting we request that you turn off your camera if you're doing anything you wouldn't normally do in an in person meeting.

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome anyone 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 compulsive food behaviors and to carry the message of recovery through the 12 Steps of OA to those who still suffer.

_____ (Only if Newcomers Present) Who will read *Our Invitation to You*?

_____ Who will read the *12 Steps*?

_____ Who will read the *Tradition for this Month*?

Leader: *"But I'm too weak. I'll Never make it!." Don't worry. We have all thought and said the same thing. The amazing secret to the success of this program is just that: weakness. It is weakness, not strength, which binds us to each other and to a higher power and somehow gives us an ability to do what we cannot do alone. If you decided you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone anymore. Welcome to Overeaters Anonymous. Welcome home!*

Tools of Recovery: In OA, Abstinence is the act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Recovery is the removal of the need to engage in compulsive eating behaviors.

OA's nine recommended tools of recovery help us work the steps and refrain from compulsive overeating. The nine tools are: a plan of eating; sponsorship; meetings; telephone; writing; literature; anonymity; service; and action plan. For more information, read the pamphlet *Tools of Recovery*.

Sponsorship is one of our tools 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 he or she is achieving it.

Seventh Tradition: We are self-supporting through our own contributions. The money collected goes to support this meeting's expenses, Greater Seattle Intergroup (GSI), Region 1, and World Service to spread the message of recovery to compulsive overeaters still suffering. Donate at the [SeattleOA.org website](http://SeattleOA.org), select meetings from the Menu to donate to Monday meetings via GSI Paypal; click on the 7 PM Columbia City meeting. Newcomers need not donate but are encouraged to buy OA literature available at the OA.org website Bookstore.

Are there any OA-related announcements? (Pause)

Anyone celebrating an OA milestone this week? (Pause)

The format of this meeting is literature, writing and meditation. We read from OA-approved literature for ten (10) minutes, followed by five (5) minutes of writing and five (5) minutes of meditation; then open sharing for the remainder of the meeting until 7:55.

On the Third Monday we will not take time for writing and will end sharing at 7:45 to hold our business meeting from 7:50 to 8:10.

Who will serve as today's timer? Thank you, _____. When the timer goes off, please say, "Gentle reminder" to those on the call. Fellows, please acknowledge that you have heard the reminder and wrap up your share or reading entry at that time.

Readings: (10 minutes)

Please set the timer for 10 minutes of reading. We are reading from our chosen literature for the corresponding week.

1st Monday: Read OA's 12 step story for the corresponding month.

2nd Monday: Read AA's Big Book from the preface to the end of the book. Starting where we left on, on page _____.

3rd Monday: OA's "brown book" 3rd Edition.

4th Monday: OA's Body Image, Relationships, and Sexuality book.

5th Monday: Leader's Choice of literature; For Today, Lifeline, etc.

(Leader continue after reading is finished, except on the third Monday, business meeting, we skip the writing)

Writing: (5 minutes)

You may find it helpful to write on today's reading. Otherwise, write on whatever needs attention in your recovery. Writing will be timed at five minutes. The timer will go off at 4 minutes and be reset for one minute to allow you to finish your thought. Please set the timer for 4 minutes of writing, and then one minute more. Please ensure you are muted during this time.

(Leader continue after writing is finished)

Meditation: (5 minutes)

OA Step 11 states that meditation is a way of quieting our mind so we can get better acquainted with this higher power of ours. We compulsive people are oriented to action. Many of us have spent a lot of time running – running from food, then running to it – and many of us have turned to excess food for its sedative effect. Eating compulsively was our chief means of relaxation.

Meditation is a way to stop running and to relax without eating. It gives us much-needed practice in the art of sitting still and opening our hearts to receive spiritual nourishment. Our purpose is simple: we seek to quiet our minds and connect more fully with our true unfragmented selves and with our Higher Power. Please find a comfortable position and ensure you are muted during this time. Please set the timer for 5 minutes of meditation.

(Leader continue after meditation is finished)

Sharing: (3 minutes for each person)

In a moment we will open the meeting to anyone who wishes to share - an experience that has helped you grow or given you a new level of awareness. In our meeting it is customary for people to take turns sharing by unmuting and beginning to speak if they wish to share.

Please confine your sharing to your experience with the disease of compulsive eating, the solution offered by OA and your own recovery from the disease, rather than just the events of the day or week. If you are having difficulties, share how you use the program to deal with them. If you need to talk more about your difficulties and seek solutions, we suggest that you speak to someone after the meeting.

Remember that we do not crosstalk at this meeting. Crosstalk is interrupting, reacting, or responding to what another person says, or having side conversations in the Chat. If you wish to respond to someone, please do so after the meeting. Shares will be timed at three minutes each. The meeting is now open for sharing.

[At about 7:45 p.m. (7:40 pm on business meeting days)]:

Are there any newcomers here who would like to share? (*Pause*)

Does anyone have a burning desire to share? (*Pause*)

Visitors and Newcomers are encouraged to place your contact information in the Chat. Please say if you would like to be added to the contact list.

[Closing]

Is there someone who would like to lead the meeting next week?

(Pause. If someone volunteers, thank the volunteer.)

(If no one steps forward:)

At next week's meeting we will ask for a volunteer to lead the meeting at the start of the meeting.

Will all abstinent sponsors please raise your hand or say your name? (pause) Thank you sponsors.

In closing, I wish to thank all of those who shared, listened, and showed up. If you did not get a chance to share, please reach out to someone after the meeting. Remember our cherished tradition of anonymity: who you see here, what you hear here, let it remain here when you leave here.

The opinions expressed here today are not necessarily those of OA as a whole.

Who will read the 9th step promises from the Big Book pages 83 and 84? _____

Thank you for the opportunity to be your leader for this meeting. Will all who wish to please unmute your lines and join me in the Serenity Prayer, 3rd Step Prayer, or the OA Promise.