

THURSDAY 10 AM OVEREATERS ANONYMOUS MEETING LEADERS GUIDE

Welcome to the Thursday Morning Overeaters Anonymous Big Book Meeting. My name is _____ and I am a compulsive overeater and the leader for this meeting. In consideration of others, we ask that if you are doing an activity you would not do at an in-person meeting please turn off the video until the activity is done. Please mute yourself unless reading or sharing to reduce background noise. To raise your hand using Zoom please go to the participant list, find your name and click "hand raise." If you are calling in please use *6 to mute and unmute and *9 to raise your hand. Please use your first and last initial when you sign in to maintain anonymity.

Will 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.

Are there any other compulsive eaters here besides me?

Are there any OA members visiting us today from other areas? Please raise your hand so we may welcome you!

[If there are visitors: Welcome! Would you please tell us your name, where you're from, and how long you've been in OA?]

Is anyone here for your 1st, 2nd, or 3rd meeting? **[If there are newcomers:]** We're glad you're here! If you would like a call this week please list your name and number in the chat and say you'd like a call.– Welcome! **[If there are newcomers: Would someone volunteer to share their story for 3 minutes?]**

Who would like to read "Introduction to the Twelve Steps" on page 1 in The Twelve Steps and Twelve Traditions of Overeaters Anonymous?

The fellowship of Overeaters Anonymous practices unity with diversity by recognizing the existence of individual approaches and different structured concepts to working our Twelve-Step program of recovery. Our Fellowship is united by our disease and our common purpose. Individual differences in approach to recovery within our Fellowship need not divide us.

Who would like to read "The Twelve Steps"?

Who would like to read this month's Tradition (i.e., January is Tradition 1, etc.)

The OA Tools of Recovery help us work the Steps and refrain from compulsive eating. There are 9 tools OA suggests we use: Plan of Eating, Sponsorship, Meetings, Telephone, Writing, Literature, Action Plan, Anonymity, and Service.

Who would like to share their tool of choice and how it helps your program? Or, if you have the pamphlet “The Tools of Recovery” you can read a section about your tool of choice.

Will all people willing to sponsor please identify yourselves in the chat as an available sponsor or 12-day temporary sponsor?

Is anyone celebrating an “OA Birthday or Milestone” this month? If so, please introduce yourself and tell us which occasion you’re celebrating.

This meeting is using the chat feature as a virtual “We Care List.” Leave your name and phone number in the chat area so that others may call you, and feel free to take phone numbers and call others.

Please visit seattleoa.org events page for an updated list of virtual events happening within our region and beyond.

We will now read from our literature:

[1st week of the month] – The entire Tradition of the month from the OA 12 & 12.

[2nd, 3rd, & 5th week of the month] – For 15 minutes from the first 164 pages of the Big Book.

[4th week of the month] – An entire Big Book story. Please take turns reading a few paragraphs. Read the Book exactly as written without substituting eating-related words.

[If we’re reading from the Big Book, pp 1 - 164:] Will someone please set the timer for 15 minutes?

[After reading]

We will now have open sharing. If you are calling in please use *6 to mute and unmute and *9 to raise your hand.

The leader will call on people in the order hands were raised. Feedback, cross talk, and advice-giving are discouraged here.

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 you speak to your sponsor and other members. If you wish to respond to someone, please do so after the meeting. To give as many people as possible a chance to share, please limit your share to 3 minutes. Who will be our timer? Who would like to begin sharing?

[At 10:35 – after about 10 minutes of sharing]

At this time, we will break for the 7th Tradition. According to our 7th Tradition, we are self-supporting through our own contributions. Our monthly expenses are about \$30.

We also support our Intergroup, Region, and World Service Office to help carry the message to other compulsive eaters. Our 7th Tradition pamphlet reminds us to “Give as if your life depends on it!” 7th tradition donations may be made on the Seattle OA website using the Donate button for Thursday. Please be sure to select the Thursday 10:00a.m. Ballard meeting in the drop-down menu after you enter your donation amount. You may also make your donation by mailing a check to our treasurer, who has put their information in the chat.

Newcomers are asked not to donate but to buy literature instead if they wish to (Literature available at OA.org) Who would be willing to lead next week’s meeting? Anyone is welcome to lead –you just have to read this format (leader guide is located under our meeting information at seattleoa.org).

On the 3rd Thursday of the month we close this meeting early to hold our business meeting. We meet for 10 minutes or less. If you have suggestions or concerns about the meeting, that is the place to bring them up. Our treasurer’s report is also given at that time. All are invited to attend. Are there any announcements for the good of OA?

Now is the time for newcomers to share if they wish to.

[pause]

Would the next person like to share? **[General sharing follows.]**

[At 11AM on the 3rd Thursday only:] Does anyone have a burning desire to share? **[pause]**

We are closing this meeting early to hold our business meeting. It will begin directly after this meeting. We invite all to attend – service is a tool of recovery.

[At 11:10AM on all other Thursdays:] Does anyone have a burning desire to share? **[pause]**

[Every Thursday] Thanks to all 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 from the We Care List to make outreach calls. Do we have a leader for next week’s meeting?

[If there are Newcomers :] Who will be available to reach out to newcomers after the meeting?

Please remember our cherished tradition of anonymity: Who you see here, what you hear here, when you leave here, let it stay here. The opinions expressed here today by those of us who shared are our own and not necessarily those of OA as a whole. Who would like to read the 9th Step Promises, found on page 83 of the AA Big Book? Thank you for the opportunity to lead this meeting. After a moment of quiet meditation, will those who wish to please join me in saying 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.