

# **SUNDAY 5:00 PM BALLARD OA-HOW MEETING FORMAT**

Welcome to the Sunday evening meeting of Overeaters Anonymous HOW concept. My name is \_\_\_\_\_ I am a compulsive eater and your Leader 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, courage to change the things I can and the wisdom to know the difference.

Are there any other compulsive eaters here besides me?

## **NEWCOMERS**

Are there any newcomers, returning members, or visitors here for your 1st, 2nd, or 3rd time: Please introduce yourselves by your first name only so that we can get to know you better. (Pause)

You will find in the Chat Box the phone number of our New Comer Greeter. Please feel free to take down that number and reach out anytime. We hope you will also stay on line after the meeting to ask any questions and learn more about Overeaters Anonymous and the OA-HOW concept. For your next visit, please note that our Zoom meetings opens about 15 minutes before our meeting starts. All are welcome to come early for fellowship.

## **HOUSEKEEPING**

At this meeting, we use the Chat feature to sign in with first names and phone numbers so we can stay in touch between meetings. Please indicate if you are a sponsor. To save a copy of the list, click the 3 dots at the end of the list and it will save to your computer. If you prefer, include your email address in the Chat and request a copy which our Host will send you.

According to our group conscience, we suggest that a meeting

leader be working the OA-HOW program.

To eliminate background noise, everyone please silence your cell phone ringer now and mute yourself at the bottom of the screen. If it gets noisy, the Host may mute all participants.

This meeting has decided that those attending may eat during the meeting if necessary to maintain their abstinence. If you need to do so, please turnoff your video and audio.

Overeaters Anonymous is a fellowship of individuals who, through shared experience and mutual support are recovering from compulsive eating. 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 organizations, political movements, ideology or religious doctrines. We take no position on outside issues. Our primary purpose is to abstain from compulsive eating and compulsive food behaviors while working toward or maintaining a healthy body weight and to carry the message of recovery through the twelve steps of OA to other compulsive eaters who still suffer.

## **READINGS**

The host is now posting the twelve steps of OA on the screen. Will someone please volunteer to read? Please introduce yourself before reading.

I will now read the tradition of the month.

The Host is now posting the OA-HOW CONCEPT. Will someone please volunteer to read? Please introduce yourself before reading.

The Host is now posting the OA-HOW Tools of Recovery of which there are nine: Plan of Eating, Literature, Writing, Action Plan, Anonymity, Telephone, Meetings, Service and sponsorship. Will someone please read the first two sections (1) the introduction and (2) Plan of Eating Please introduce yourself before reading.

Thank you. Would someone like to select their favorite tool from the rest of the tools and read the description and share why this tool is your favorite today.

### **INTRODUCING SPONSORS**

Will all OA-HOW sponsors please qualify, giving us your length of abstinence, progress towards a healthy weight, what steps you can sponsor and whether you are currently available.

Does anyone have an abstinence milestone this week?

Is anyone stepping up a new sponsor this week?

If so, please read the following:

We now ask the group to join us as we celebrate another example of the miracles that bind OA-HOW. We call this stepping up! Will the sponsor introduce the sponsee who has completed another level of their step work. Would the sponsee like to qualify?

### **LITERATURE STUDY**

This meeting reads and discusses a variety of OA literature. You can purchase hard copies of OA literature from the bookstore at OA.ORG. In addition, all OA books are also published as e-books which you can buy from your favorite e-reader store. If you are a newcomer, we gently recommend buying the 2nd edition of "The Twelve Steps and Twelve Traditions of Overeaters Anonymous as an easy way to learn about the OA program of recovery.

Tonight is the \_\_\_\_\_ Sunday of the month and our reading will be from \_\_\_\_\_ (select from the following list):

\*\* First Sunday: The Step of the month from OA 12&12

\*\* Second Sunday: the first 164 pages of the AA Big Book. Can someone Please tell us where we stopped reading last time?

- \*\* Third Sunday: a guest speaker or leaders choose topic discussion for 15 minutes
- \*\* Fourth Sunday: the Tradition of the month from the QA 12&12
- \*\* Fifth Sunday: the OA-HOW TOOLS OF RECOVERY  
Would someone be willing to share for 3-5 minutes on a tool of their choice?

The group reading or speaker stops at about 5:25 to give time for sharing.

### **SHARING**

At 5:25:

For our remaining time, the meeting is open to anyone who wishes to share their experience, strength, and hope in OVEREATERS ANONYMOUS Here are the guidelines for sharing.

We do not cross talk at this meeting. Cross talk is interrupting, reacting or responding to what another person says.

Please indicate that you'd like to share by either clicking the Zoom hand symbol or raising your hand. The Host will call on you.

Shares will be limited to 3 minutes, the timer will say "gentle time" and then reset to 1 more minute to allow you to finish your thought. Who will be our timer?

At 5:45

Are there any newcomers who would like to share at this time?  
(If none please resume sharing.)

At 5:55

We have one minute shares for anyone having a burning desire to share in order to keep from binging or restricting.

## **ANNOUNCEMENTS**

Does anyone have any announcements for the good of OA-HOW? Please keep your announcements to one minute.

## **7TH TRADITION**

At this time we will break for the 7th Tradition. According to our 7th Tradition we are self-supporting through our own contributions. There are no dues or fees for OA memberships. Newcomers are asked not to donate but to buy OA literature instead if they wish to.

The money collected supports the cost of our Zoom meeting as well as the levels of the OA organization, such as the website, to help OA carry or message of recovery. Please give as generously as you are able, remembering all the money we used to spend on binges and weight-loss schemes.

Since we can't "pass the basket" you can make your 7th Tradition contribution on the [SeattleOA.org](http://SeattleOA.org) website via PayPal. Click the DONATE button next to the Sunday meeting listing where you can specify SUNDAY BALLARD OA-HOW as the recipient.

## **CLOSING**

Would someone please read either of the following

A Vision for you from the AA Big Book Page 164, last two paragraphs.

OR

Footsteps, the last 2 paragraphs on page 86 of the OA 12&12

Thank you for the opportunity to share and to be your leader for this meeting. You are all welcome to stay after the meeting for fellowship and questions about OA and OA-HOW.

Let us close with 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.