

Leader's Guide for Start Your Day with OA

Welcome to Start your Day with OA, a daily meeting that gives time for tools. My name is _____ and I am your leader for this meeting. To open, please unmute if you'd like & join us in the "we" version of the Serenity Prayer: "God, grant us the serenity to accept the things we cannot change, courage to change the things we can, and the wisdom to know the difference".

Will a friend who has the reading in 'For Today' please read. Please unmute yourself and say your name to volunteer. Today is _____.

This is a special topic meeting focused on tools. We have:

- • 20 minutes of meditation
- • 20 minutes of writing
- • 20 minutes for everything else, including shares

The Zoom room will remain open for 10 minutes after the meeting to allow time for questions and fellowship.

According to the OA Seventh Tradition, we are fully self-supporting. You may donate if you choose to, with the Greater Seattle Intergroup PayPal button under the Monday meetings section at seattleoa.org where you can also find a list of other Seattle area OA meetings.

Business meetings are on the first Friday of the month instead of share time.

Newcomers to OA are encouraged to try 6 different meetings because all meetings are unique. If this is your first meeting, welcome! Please let us know in chat, if you are comfortable with it, we would love to give you some more information. If this is your first time with us, welcome!

We will put a link for our 'We Care List' in the chat. Please add your contact information if you'd like and note if you are available to sponsor. You may use contact information for questions and outreach calls.

Do we have a volunteer to time for the meeting? Please unmute yourself and say your name to volunteer for service.

Next, we have meditation for 20 minutes. Meditation is a way to still our minds, calm our nervous systems, and open up space within. The OA journey is a path of action. One of the ways we take action is by spending time with ourselves & our concept of a Power greater than our own. We can develop that relationship in the same way we might develop any relationship, by taking the time to be with ourselves & that Power. We found it beneficial to set aside some time each day for this action. Please silence your mic, turn off your camera, and begin a meditation practice of your choice. Our timer will let us know when 20 minutes have passed. You may begin.

Next, we have space for the OA tool of writing. We will use the next 20 minutes to write on the topic of our choice. Some examples include a reflection on the reading in 'For Today', a daily

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journal entry, writing in a step workbook, or any other form of writing relevant to your program. Our timer will let us know when 20 minutes have passed. You may begin.

We now have space for sharing and reflecting on how you use the OA tools. The timer will let you know when 2 minutes have passed. You may choose to speak on any of the 9 tools: A Plan of Eating, Sponsorship, Meetings, Telephone, Writing, Literature, Action Plan, Anonymity, and Service. The meeting is now open for sharing.

After Share Time:

Are there any announcements for the good of OA?

Thank you for starting your day with OA. The meeting leader reads the slides. Please unmute yourself and say your name to volunteer for service. Do we have a volunteer to lead the next meeting?

To Close, please unmute if you'd like and join me for the OA Promise, I will read a line and you may echo me:

I put my hand in yours, (echo)

and together we can do what we could never do alone. (echo)

No longer is there a sense of hopelessness, (echo)

no longer must we each depend upon our own unsteady willpower. (echo)

We are all together now, (echo)

reaching out our hands for power and strength greater than ours, (echo)

and as we join hands, (echo)

We find love and understanding beyond our wildest dreams. (echo)