

Light a Candle OA Shoreline Zoom Meeting Format 09/01/23
<https://zoom.us/join> Meeting ID: 895 8294 9012 Password: 8675309

OPENING: Welcome to the Wednesday night Light a Candle meeting of Overeaters Anonymous. My name is _____. I am a compulsive eater and your leader for this meeting.

SERENITY PRAYER: 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.”

Who would like to read "**HOW IT WORKS**" or "**OUR INVITATION TO YOU**"?

Who would like to read **12 STEPS OF OA**?

Who would like to read **THE TRADITION OF THE MONTH**?

Are there any **NEWCOMERS**? If you are new to this meeting, returning, or new to OA, we want to welcome you, so please raise your hand and give us your first name only. You can leave your contact information in the chat section if you'd like to receive phone calls or emails from members. We ask newcomers to jot down any questions that arise during the meeting. After the meeting ends members will remain to speak with you and answer your questions.

THE DEFINITION OF "ABSTINENCE" IN OVEREATERS

ANONYMOUS: Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of working and living the Overeaters Anonymous Twelve Step program on a daily basis.

THE NINE TOOLS OF RECOVERY: are a Plan of Eating, Sponsorship, Meetings, Telephone, Writing, Literature, Action Plan, Anonymity and Service. Who would like to share for one minute on how they used a Tool this week?

SEVENTH TRADITION: According to our Seventh Tradition, "We are self-supporting through our own contributions". To make a 7th Tradition contribution to our Shoreline Group please see the chat. [7th Tradition: Please choose Shoreline from the drop down menu:

https://www.paypal.com/donate/?cmd=_s-xclick&hosted_button_id=Q6APFWSMH5AJG&source=https%3A%2F%2Fwww.seattleoa.org%2Fmeetings%2F]

CONTACT LIST: If you would like to receive outreach please put your telephone number in the chat.

REPORTS: Are there any reports, announcements, or anniversaries?

MEDITATION: We will now have five minutes of silent meditation. The 11th Step suggests that meditation is a way of quieting our minds so we can get better acquainted with this Higher Power of ours. Our purpose is simple: We seek to relax and receive spiritual nourishment by experiencing more fully our connection with our true unfragmented self and with our higher power. A suggested topic for meditation is _____. Make yourself comfortable, let go of any tension in your body and begin.

READING: After we read the Step/Tradition from the OA 12x12, the meeting will open for sharing.

SHARING: As you share your experience and strength in OA, please also share your hope. 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. Feedback, cross talk, and advice-giving are discouraged here. We are now open for sharing. Go ahead and unmute and share, no need to raise a hand.

LEADER SIGN-UPS: We need someone to give service by leading the next meeting; do we have any volunteers?

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. Whom you see here, What you hear here, When you leave here, Let it stay here. Let us all reach out by phone or email to each other. Together we get better!

Thank you for asking me to be your leader. After a moment of silence, will those of you who wish please join me in _____." [Select one of the following suggested closings: Serenity Prayer, Seventh Step Prayer, Third Step Prayer, or the OA Promise 'I put my hand in yours....']

Copy from below into chat:

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.

Serenity Prayer long form

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.

Living one day at a time,
Enjoying one moment at a time.
Accepting hardship as a pathway to peace.

Third Step Prayer

God, I offer myself to Thee
To build with me & to do with me as Thou wilt.
Relieve me of the bondage of self, that I may better do Thy will.
Take away my difficulties, that victory over them may bear witness
to those I would help of Thy Power, Thy love & Thy way of life.
May I do Thy will always!

Seventh Step Prayer

My Creator, I am now willing that you should have all of me, good & bad.
I pray that you now remove from me every
single defect of character which stands in the way
of my usefulness to you & my fellows.
Grant me strength, as I go out from here to do Your bidding.

The OA Promise (also known as Rozanne's Prayer):

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

Meditation Topics

| | | | |
|-----------------|----------------|------------------|-----------------|
| Abundance | Earnestness | Laughter | Responsibility |
| Acceptance | Ease | Learning | Responsiveness |
| Accountability | Effortlessness | Lightheartedness | Re-thinking |
| Action | Empathy | Listening | |
| Admission | Encouragement | Love | Satisfaction |
| Affirmativeness | Enjoyment | Lovability | Self-awareness |
| Allowance | Equality | Loyalty | Self-discipline |
| Apology | | | Self-expression |
| Appreciation | Faith | Mindfulness | Selflessness |
| Asking | Faithfulness | Moderation | Serenity |
| Assistance | Fairness | Morality | Service |
| Attention | Fellowship | | Simplicity |
| Attentiveness | Flexibility | Noticing | Sincerity |
| Attraction | Forgiveness | Nourishment | Stability |
| Authenticity | Freedom | Nurturance | Steadiness |
| Availability | Friendship | | Strength |
| Awareness | Fulfillment | Obedience | Success |
| | | Oneness | Sufficiency |
| Balance | Generosity | Open-mindedness | Surrender |
| Belief | Gentleness | Openness | Sustainability |
| Belonging | Genuineness | Optimism | |
| | Giving | | Teachability |
| Caring | Goodness | Participation | Tenacity |
| Celebration | Grace | Partnership | Thankfulness |
| Centeredness | Gratitude | Patience | Thoughtfulness |
| Change | Guidance | Pausing | Tolerance |
| Choice | | Peace | Transformation |
| Clarity | Happiness | Perseverance | Transparency |
| Closeness | Harmony | Persistence | Trust |
| Commitment | Healing | Presence | Trustworthiness |
| Commonality | Health | Prudence | Truthfulness |
| Community | Honesty | | |
| Compassion | Hope | Quietness | Understanding |
| Connectedness | Honor | | Unity |
| Connection | Humility | Readiness | Usefulness |
| Consideration | Humor | Receptiveness | |
| Consistency | | Recognition | Wellness |
| Contentment | Imagination | Recommitment | Willingness |
| Contribution | Inclusion | Reconciliation | Wisdom |
| Cooperation | Initiative | Reconsideration | Worthiness |
| Courage | Integrity | Relationship | |
| Courtesy | Intimacy | Release | |
| | | Reliance | |
| Detachment | Joy | Relief | |
| Devotion | Justice | Renewal | |
| Dignity | | Reparation | |
| Diversity | Kindness | Resolution | |
| | | Respect | |