

Seattle's Monday Night Men's Meeting of Overeaters Anonymous

Prior to the meeting the Leader finds 2 volunteers 1) a timer, 2) someone to speak on a tool,

Welcome to the Monday Night Men's Meeting of Overeaters Anonymous. My name is _____, I am a compulsive overeater and your leader for tonight. Please remember to stay muted except when sharing and be conscious of creating any distractions.

1. Will all 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 the wisdom to know the difference.

2. The following is the OA Preamble:

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. 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 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 Twelve Steps of OA to those who still suffer.

3. Is there anyone for whom this is your first OA Meeting? If so would you please unmute yourself and share your first name so we can welcome you. *(Pause)* Welcome, _____, we're glad you're here.
4. Is there anyone who is new to this meeting or who is returning to OA? *(Pause)*
5. *(Read this when we have a newcomer)* As we'll hear in just a minute our meeting format focuses on the Steps and Traditions of OA. However, when we have someone who is attending OA for the first time, we read Step One out of the OA 12 and 12 and our shares focus on the First Step.
6. Contact between meetings is essential to our recovery. So, we use the Chat Window to share our contact information. If you are available to receive calls, please write your first name and phone number in the Chat. Please also indicate if you are available as a Sponsor, get someone started as a 12-Day Sponsor, or a Partner in Recovery. To download numbers from the Chat Window, click on the 3 dots at the bottom and hit Save.
7. Will someone please read the 12 Steps of OA (page 169).
8. *(Leader reads the Tradition of the Month)*, (page 170).
9. In OA, abstinence is: "The action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight." Many of us have found we cannot abstain from compulsive eating unless we use some or all of OA's - Tools of Recovery. The nine tools are: A Plan of Eating:

Sponsorship; Meetings; Telephone; Writing; Literature; Anonymity: A Plan of Action; and Service. *(Now say) Name* has offer to pick a tool from the “Tools of Recovery” and share for up to a minute on his experience using that tool.

10. Only OA approved literature is used at the meeting. Many OA members find that reading our literature daily helps to further reinforce how to live the 12 Steps. If you are interested in literature, you can purchase it directly from oa.org, or other platforms.
11. According to our 7th Tradition we are self-supporting through our own contributions with expenses for Zoom. We also make contributions to the Greater Seattle Intergroup, Region and World Service Office to help carry the message to other compulsive overeaters. The suggested donation is \$5.00 but please give what you feel comfortable with for the benefit of our group and OA. If you are new, please don't donate but consider buying literature instead. To donate, visit seattleoa.org/meeting and click the Monday Donate Link. You can choose the 7PM Seattle's Monday Night Men's Meeting on the PayPal screen. We will add the link in the chat box.
12. Now's the time for OA related announcements. A reminder that we have a business meeting on the second Monday of the month following the regular meeting. Are there other announcements? *(Pause) (After all announcements have been made...)* For other OA related announcements and upcoming Events, visit seattleoa.org or oa.org.

13. At this meeting, we read a Step or Tradition from the OA 12 & 12, followed by an open discussion, on the 3rd Monday of the Month we have a speaker. *(For Speaker Meetings: Ask the Speaker-Getter to introduce the Speaker)*
14. Tonight, we are on (Step/Tradition) _____. I will begin reading and I ask each of you to volunteer to read a couple paragraphs until the chapter's complete or until it's 7:25.
15. *(After the reading...)* Now is the time for open sharing.
- a. As you share your experience in OA, please also share your strength and 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 event of the day or week. If you are having difficulties, show 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 after the meeting.
 - b. Feedback, cross talk and advice giving are discouraged here. Cross talk during an OA meeting is giving advice to others who have already shared, speaking directly to others rather than to the group and questioning or interrupting the person who is sharing at the time.
 - c. We limit our shares to three minutes so that all who wish to may have a chance to share. Our timer can unmute himself after two minutes with "gentle reminder" and call "time" at three minutes. The leader may elect to reduce the share time if the group is larger.

- d. This meeting is now open for sharing. Use the “Raised Hand” feature found under the Reactions tab and the Leader will call on you in order.
- 16.** *(At 7:45)* – Now is time for anyone new to this meeting or OA to share if you wish. Please raise your hand and I will call on you in order.
- 17.** *(At 7:55 or when everyone has had a chance to share, ASK...)*
Does anyone have a burning desire to share?
18. In closing, the opinions expressed here today are of individual OA members and do not represent OA as a whole. Please remember our commitment to honor each other’s anonymity. What you hear here, who you see here, when you leave here, let it stay here.
19. Let us reach out to newcomers, returning members and each other. This is an important part of our recovery from compulsive overeating.
20. Thank you for allowing me to be your leader tonight. *(On the month’s last Monday; Say...)* Who would like to lead the meeting next month? *(Pause to allow guys time to volunteer)*
21. After a moment of silence, will all who wish to, please unmute and join me in saying the _____. **Prayer Options are: (Serenity Prayer, 3rd Step Prayer, 7th Step Prayer).**