

**Overeaters Anonymous
Saturday University Step Study
Zoom meeting leader's script**

Update November 4th 2023

10AM—OPEN THE MEETING

Welcome to the Saturday morning meeting of Overeaters Anonymous.

My name is _____ and I am a compulsive eater and your leader for this meeting.

Please note that there is an in-person meeting running concurrently to this one, located at the University Lutheran Church at 1604 NE 50th St. Seattle.

A few housekeeping notes for this Zoom meeting:

- Please familiarize yourself with Zoom functions and use mute for the entire meeting, unless you are sharing with the group and during the prayers. If you have joined on a phone, use *6 to mute or unmute (or *1). Use *9 to raise and lower your hand to request to share. If you joined using a computer, you can use the space bar to temporarily unmute.
- We have an ASL interpreter at this meeting. If you will be using ASL and the interpreter, please add ASL next to your name in the Participants list. This is so the meeting's ASL Interpreter Liaison can give each of you "multi-pin".
- This meeting has chosen to provide two hours of Zoom hosting and ASL interpretation so that all members who wish to can stay after the meeting at ends at 11:30 for fellowship.
- We encourage you to use the Zoom chat feature to share your name, phone number, if you sponsor, and any comments or other information you'd like to share. You can also add your phone number next to your name on the screen. If you would like a copy of today's chat, please post your info in the chat box and we'll make sure you get that information.
- During sharing, please direct your chat comments to individuals rather than the entire group.
- During reading or sharing, please consider turning on your video. This will assist those who read lips to receive your share.
- Please treat the meeting like a regular meeting. If you are doing something you would not do at an in-person meeting, please turn off your video. And if there are other people in the room, please protect the anonymity of participants by using headphones.

Please join me for a moment of silence to reflect on the reasons why we are here, followed by the Serenity Prayer, for those who wish to join us:

***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.***

This meeting follows OA's Unity with Diversity Policy. We encourage and promote

acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait. We welcome all who share our compulsion.

- Who would like to read the OA Preamble from the OA 12&12, first page in the book?
- Who would like to read the Twelve Steps of OA?
- Who would like to read the Twelve Traditions of OA?

If anyone is here for your first, second or third OA meeting, returning to the program or visiting from out of town, can you please tell us your first name so that we can get to know you? *If we have a newcomer, ask:* Will an OA member please share their First Step experience, strength, and hope for up to 3 minutes? **Pause**. And may we have a volunteer to manage our timer?

Our meeting follows this format: on the first Saturday of the month, we read the Tradition of the month from the Twelve Steps of Overeaters Anonymous, the second Saturday is a Step study from the OA 12&12, the third Saturday is a speaker meeting, and the fourth and fifth Saturdays are Step studies.

ON THE 1ST MEETING OF THE MONTH

This morning we will read and discuss Tradition _____ from the OA 12&12. Please read several paragraphs then pass for the next person to read. Who would like to begin?

After the reading, skip to the Business Break.

ON THE 2ND, 4TH, AND 5TH MEETINGS OF THE MONTH

This morning we will read and discuss Step _____ from the OA 12&12.

If reading the Fourth Step, announce: When reading the Fourth Step we skip the italicized inventory questions, which start on page 28. *Then at the point where the questions begin on page 28, interject:* As a reminder, this is where we skip the italicized text and jump ahead to page 36.

Please read several paragraphs then pass for the next person to read. Who would like to begin?

After the reading, skip to the Business Break.

ON THE 3RD MEETING OF THE MONTH

As it is the third Saturday of the month, we have a speaker to share their story for 15 minutes, describing what it was like, what happened and what it's like now.

If we already have a timer: _____ are you willing to continue timing?

Or: *May we have a volunteer to manage our timer?*

I'll now turn the meet over to _____ who has graciously agreed to share with us today.

BUSINESS BREAK

Our monthly business meeting takes place after our regular meeting on the first Saturday of the month. On those days, this meeting will end at 11:15am to start the business meeting. If you have new business to discuss, please put the topic in the chat box and come to the next business meeting to discuss. *If it is the first Saturday, add:* which happens immediately after this meeting at 11:15am. We encourage everyone to attend. The ASL interpreter will be present for the business meeting. May we hear the Treasurer's report?

According to our Seventh Tradition, we are fully self-supporting through our own contributions. We support the Greater Seattle Intergroup (GSI) and OA World Service. The suggested donation is \$5, please give what you can. We are using the PayPal account on the GSI website, **SeattleOA.org** for the 7th Tradition. Go to the Saturday meetings donations page and specify the donation for the University District Meeting.

Newcomers are our guests, so please do not donate but consider ordering literature instead.

Are there service position openings?

Are there any announcements for the good of OA?

A reminder to use the Zoom chat feature to add your contact information if you wish, and copy numbers of people who you might call. Reaching out to other members between meetings is a helpful way to work the program and stay connected with the Fellowship. During sharing, please direct your chats to individuals rather than the entire group.

Did anyone achieve a milestone in their recovery?

SHARING

Now is the time for sharing. This meeting focuses primarily on our program and on recovery.

If it is the third Saturday, ask the Speaker for a topic. Please share about the topic or the reading, your experience with the disease of compulsive eating, the solution offered by OA, and how you use the program and the Fellowship in your life. In this meeting, the leader calls on people. Our intention is to encourage everyone to move forward in his or her recovery. Feedback, crosstalk and advice giving are discouraged. If you wish to respond to someone, please do so after the meeting. Please limit your share to three minutes to give as many people as possible a chance to speak today. When you hear the timer go off, **please finish your sentence quickly**, out of respect for other members.

If we already have a timer: _____ are you willing to continue timing? Or: May we have a volunteer to manage our timer?

You are welcome to call on yourself. Consider calling people who don't share often, folks you don't know, or anyone with a recovery milestone.

11AM – BREAK FOR ASL INTERPRETER TRANSITION/NEWCOMERS

A reminder that we are collecting the Seventh Tradition through the GSI PayPal account at **SeattleOA.org**. Go to the meetings page to donate to a specific meeting. The suggested donation is \$5, please give what you can.

We will now pause for a moment for a transition in our ASL interpreters. *[OR if there is only 1 ASL interpreter at the meeting, to provide a brief break.]*

Now is the time for newcomers to share. Afterwards, we will return to general sharing. If you are a newcomer, we invite you to share now. *Long pause—it can take a few moments for newcomers to decide to speak.*

BACK TO GENERAL SHARING

Now we'll return to general sharing. If you wish to share and you entered using a computer please raise your hand under the reactions tab, or if you entered from a phone, raise your hand using *9. *Call on raised hands.*

CLOSING—11:25AM, OR 11:15AM ON 1st SATURDAY

We're out of time for sharing today. If you had wanted to share but didn't have the chance to do so, please take numbers from the chat and feel free to make calls. Would all sponsors please raise your hands and keep them up for a moment? *Pause*. Please call one of these people after the meeting if you have any questions. And thank you for your service. To find a sponsor, look for someone who has what you want and ask her or him to sponsor you. You can ask anyone to be your temporary sponsor, even those who did not raise their hands. Anyone is welcome to lead this meeting. We especially encourage those who haven't led a meeting in the past three months. May we have a volunteer to lead next week's meeting? *Pause until someone volunteers*. Thank you. *If it is the first Saturday*: A quick reminder that our business meeting starts immediately after this meeting. All are welcome to attend. In closing, please be aware that the opinions expressed here by those who shared belong to us and are not necessarily those of OA as a whole. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

***Who you see here, what you hear here, when
you leave here, please let it stay here.***

After a moment's meditation, please join us if you wish, in a closing prayer. *Leader's choice: Serenity Prayer, the We-form Serenity Prayer, the Third Step Prayer, etc.*

Last updated September 2023