

Welcome to Start your Day with OA,
a daily meeting that gives time for using the OA 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 meeting begins at 6:30 Pacific time and officially closes at 7:35 AM but also allows for an additional 10 minutes for informal Q and A discussion after that.

Our agenda includes:

- 5 minutes of startup

- 20 minutes of meditation

- 20 minutes of writing

- 20 minutes of sharing, and

- 10 minutes additional informal Q&A time after the meeting.



QA

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 www.seattleoa.org where you
can also find a list of other Seattle area OA meetings.



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

OA

Newcomers to OA are encouraged to try 6 different meetings because all meetings are unique.
If this is your first OA 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 at *this* meeting, 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 the 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 to be the time keeper.

A yellow circle containing the letters "OA" in white, positioned in the bottom right corner of the slide.

OA

Next, we have meditation for 20 minutes.

Meditation is a way to still our minds, calm our nervous systems, and open up a 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 have 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.

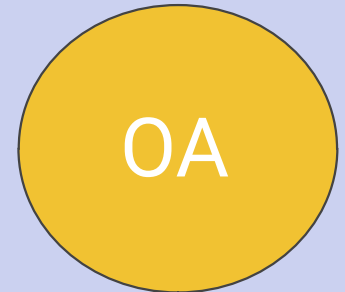
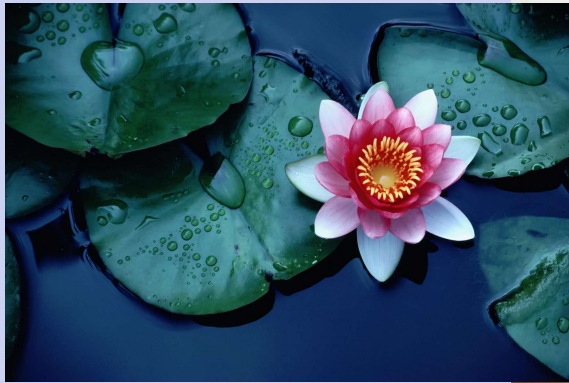
Our timer will let us know when 20 minutes have passed. You may begin.



OA

Start Your Day with OA:

- *20 minutes of meditation (Now until approx. 6:55am)*
 - 20 minutes of writing (until approx. 7:15am)
 - 20 minutes for shares (until 7:35am)



Now 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 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.



OA

Start Your Day with OA:

- 20 minutes of meditation (until approx. 6:55am)
- 20 minutes of writing (Now until approx. 7:15am)
- 20 minutes for shares (until 7:35am)



OA

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, or any other topic that relates to your experience, strength and hope in OA:

The tools are: A plan of Eating, Sponsorship, Meetings, Telephone, Writing, Literature, Action Plan, Anonymity, and Service.

The meeting is now open for sharing; there is no need to be called on.....just chime in when you are ready.



OA

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?

As a reminder: this zoom room will stay open for 10 minutes after the meeting. Feel free to hang out.

To close, please unmute if you'd like & join me for the OA Promise:



OA Promise

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.*



OA