

OA's Suggested Meeting Format for the following meeting:

Thursday 9am Virtual Meeting of Overeaters Anonymous from the Skagit Valley of Washington State

- **Zoom # 871 4995 9855 Code 249090**
- **Business Meeting** is scheduled for the 1st Thursday of each month, after the scheduled meeting.

NOTE: Determine who will be our Big Book Reader for this meeting, copies attached to script.

Headers in bold do not need to be read.

Leader's script –

Welcome to the Thursday, 9 AM meeting of Overeaters Anonymous from the Skagit Valley in Washington State. My name is _____ and I am a compulsive overeater and your leader for this meeting. Please mute yourself when not speaking.

1. Will those who wish to, please join me in a moment of silence, followed by 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. As we extend the heart and hand of fellowship to those who still suffer, let us be mindful of OA's Unity with Diversity Policy, which respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at this meeting.
3. 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.
4. **For the Newcomer:** Is there anyone here for their very first OA Meeting? Would you please tell us youryou.st name so we may welcome you. If you are returning to OA or are new to this meeting, please tell us your first name so we can welcome you also. We encourage you to:
 - Get a sponsor to help guide your recovery.
 - Develop a plan of eating with the help of a sponsor, a qualified health care professional and OA literature.
 - Read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.
5. **Read:** 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.”

6. **For the Newcomer – BB reader:** “An Invitation to You.” Copy attached to script.

Otherwise ...

BB reader: “How it works” on pages 58–59 from Chapter 5 of Alcoholics Anonymous (Big Book).

7. **Ask someone to read:** “The Twelve Steps of Overeater’s Anonymous”.

8. **BB Reader:** Follow with reading of BB page 60 starting with “Many of us exclaimed,”

9. **Ask someone to read:** “The Traditions of Overeaters Anonymous.”

10. **TOOLS:** In OA, abstinence is “the action of refraining from compulsive overeating or compulsive food behaviors while working towards or maintaining a healthy body weight.” Recovery is “the removal of the need to engage in compulsive eating behaviors”. The OA Tools of Recovery are discussed in the pamphlet “Tools of Recovery.” They help us work the Steps and refrain from compulsive overeating. The Nine tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, anonymity, service, and plan of action. Will someone please read about or share with us a tool they used this week.

11. **SPONSORS:** Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the Steps and traditions to the level of their experience and strengthen their recovery through this service to others. To find a sponsor, look for someone who has what you want, and ask how he or she is achieving it.

If you are willing to be a sponsor, please identify yourself in the chat.

12. **LITERATURE:** You may purchase OA literature at the bookstore on the Overeaters Anonymous website oa.org. If you need assistance, please reach out in chat. Link will be place in chat.

13. **SEVENTH TRADITION:** According to our Seventh Tradition, we are self-supporting through our own contributions. Although we have no direct expenses for this virtual meeting, we ask that members send contributions directly to our Intergroup, Greater Seattle Intergroup @ seattleoa.org or to World services Office at oa.org Donations will help ensure that OA continues. Links will be placed in chat.

14. **CHAT POSTINGS:** Please post your contact information and time zone in the Chat, noting if you are available to sponsor, need a sponsor, or if you would like outreach.

15. **ANONOUNCEMENTS:** At this time, we will open for announcements of OA Happenings. Please raise your hand if you have something to announce.

Note: Information for outside recovery activities can be placed in Chat.

16. **SUGGESTED GUIDELINES FOR SHARING:**

“As you share your experience and strength in OA, please also share your hope. Please confine your sharing to your own 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. 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.”

“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 another person rather than to the group and questioning or interrupting the person speaking/sharing at the time.”

17. **DAILY DEVOTIONS BOOKS - Note: on 2nd Thursday Read from “VOR” Only.**

Would someone like to read the current page from one of our Daily Devotional books “For Today” or “Voices of Recovery”. Would anyone like to share on the reading?

18. **STATE THIS MEETING’S CHOICE AND AFTER READINGS OPEN FOR SHARING, END READING BY 9:40AM:**

Week 1: Step of the month, from OA 12 & 12 (e.g., step 1, month 1, January)

Week 2: Read daily reading from “For Today” & the daily question from the “For Today Workbook”

Week 3: Tradition of the month, from OA 12 & 12

Week 4: Read from 2nd edition of “Abstinence.”

Week 5: Leader’s choice topic/reading

19. **BB Reader:** “The Promises”, pages 83 – 84 from Alcoholics Anonymous (Big Book).

20. **CLOSING:** “By following the Twelve Steps, attending meetings regularly and using the OA tools, thousands have changed their lives. We offer hope and encouragement. To the newcomer, we suggest attending at least six meetings before deciding if OA is for you. 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 others’ anonymity. ‘What you hear here, whom you see here when you leave here, let it stay here.’ Let us all reach out by phone or email to newcomers, returning members and each other. Together we get better.”

21. **BB Reader:** Big Book, Pg. 164, last 2 paragraphs.

22. **If Necessary:** ~~Would someone like to do service by leading next week’s meeting? We currently have monthly leaders.~~

23. **Closing Prayer:** “Thank you for allowing me to be your leader. After a moment of silence, will those of you who wish to please join us in _____.”

Close with one of the following prayers. Prayer of choice will be posted in chat. ***

Serenity Prayer

Seventh-Step Prayer

Third-Step Prayer

Third-Step Prayer

The OA Promise “I Put My Hand in Yours” (Rozanne’s prayer & Unity Prayer)

BigBook Readings:

How it Works – Chapter 5, pages 58-59 & page 60

The Promises – Chapter 6, pages 83-84

A Vision for You – Chapter 11, page 164