

All **** Tips for the LEADER **** (not to be read aloud) are written in BLUE.

Prior to the meeting, assign to others the readings of “Our Invitation to You,” “The 12 Steps of OA,” “The 12 Traditions of OA,” and “The 9th Step Promises.”

1. **Welcome**

Welcome to the Monday night meeting of Overeaters Anonymous. My name is _____, and I am a compulsive overeater and your leader for this meeting.

2. **Opening Prayer**

Will those who wish to please join me in the Serenity Prayer:

“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

3. **Zoom Safety and Etiquette**

By a group conscience this meeting has adopted Zoom security measures that will help to promote the psychological safety of our members as well as our mutual recovery from compulsive overeating:

1. Once the meeting begins, to speak to the group, **you will need to raise your hand electronically**, and you will receive a message saying that the host is asking you to unmute.
2. **To raise your electronic hand, click on the “Reactions” icon and choose “Raise Hand.” To lower your electronic hand when finished, click on the “Reactions” icon and choose “Lower Hand.” If you have any difficulty with this procedure, please chat with the host or co-host, and someone will assist you.**
3. **At the beginning of the meeting**, the chat function will be limited to chatting with the host and cohosts. Chat will be opened up later in the meeting so you may exchange contact information.
4. If you would like to display a different name, please let the host/cohosts know via the chat and they will rename you.

To practice good Zoom etiquette:

1. If you walk away from your screen, please turn off your video.
2. Please do not eat during the meeting on camera.

4. **The OA Fellowship**

As we extend 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 of our common problem. Whatever problem you may have with food, you are welcome at this meeting.

Are there any compulsive overeaters here beside myself?

Is there anyone here for the first, second, or third time? Please raise your hand, and we will unmute you so you can tell us your first name and we can welcome you.

If you are returning to OA or are visiting from another area, please raise your hand and we will unmute you so you can tell us your first name and we can welcome you.

5. The following is the **OA Preamble**:

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive eating.

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 political organization, movement, ideology, or religious doctrine. We take no position on outside issues.

Our primary purpose is to abstain from compulsive eating and to carry this message of recovery to those who still suffer.

6. **Readings**

If the Zoom host has not posted the readings shown below, ask them to post them on screen now (one at a time).

- *Ask someone to read* "Our Invitation to You."
- *Ask someone to read* "The 12 Steps of Overeaters Anonymous."
- *Ask someone to read* the tradition of the month from "The 12 Traditions of Overeaters Anonymous."

7. Tools

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working toward or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living the Overeaters Anonymous 12-Step program. The OA tools of recovery help us work the steps and refrain from compulsive eating. The nine tools are: **a plan of eating, sponsorship, meetings, telephone, literature, writing, anonymity, service, and an action plan.** For more information, please read the pamphlet “Tools of Recovery.”

8. 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 best of their ability. To find a sponsor, look for someone who has what you want and ask how he or she is achieving it. You can find available sponsors from this meeting by checking postings in the chatroom after sharing is done.

9. Literature

Only OA-approved literature is used at this meeting. Many OA members find that reading our literature on a daily basis reinforces how to live the 12 steps. Please go to the OA.org website to obtain OA literature.

10. Reports

Are there any reports or announcements for the good of OA?

Is there someone who would like to do service and lead the meeting for next week?

We will ask again at the end of the meeting.

11. Seventh Tradition:

According to our Seventh Tradition, we are self-supporting through our own contributions. We send regular contributions to

1. Greater Seattle Intergroup
2. Region One
3. World Service Office

We also have a monthly Zoom meeting expense. To carry the message to other compulsive eaters, give what you can. A generous donation will help ensure that this meeting will continue.

Information for how to make a contribution to this meeting will be posted in the chat.

12. **Newcomers: *Read the following only if there is a newcomer!***

Welcome to the newcomer(s). After the meeting, if you have any questions, please feel free to ask anyone, as we are all willing to help out. Additionally, OA's Region 1 has created an online resource for newcomers or returning members who have questions or want to connect with experienced members. The Zoom host will post the link in the chat:

<https://form.jotform.com/223395703245153>.

If there is a newcomer in attendance, ask for a volunteer to share his or her first step experience for three (3) minutes, then continue with the regular format.

13. **Meeting Format**

This is a literature meeting.

- On **WEEK ONE** we read from the Big Book of Alcoholics Anonymous.
- On **WEEK TWO** we read the step of the month from the OA 12 & 12.
- On **WEEK THREE** we read the corresponding day from "For Today." **We hold our business meeting on the third meeting of the month following the regular meeting.**
- On **WEEK FOUR** we read the tradition of the month from the OA 12 & 12. **We also celebrate abstinence birthdays on Week Four.**
Read only on Week Four: Does anyone have a birthday this month? Let's give our birthday person(s) our well wishes.
- If we have a **WEEK FIVE**, we will have a speaker's meeting, or the leader will choose which OA literature to read.

We will read until 6:00 p.m.  ***(Resume narrative after reading is complete.)***

14. ***Read BEFORE Sharing:* Suggested Guidelines for Sharing**

As you share your experience and strength in OA, please confine your remarks to your experience with the disease of compulsive eating, the solution offered by OA, and your own recovery from the disease rather than 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 that you speak to your sponsor or 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.

To share, please raise your hand electronically. When it is your turn to share, you will receive a message from the host asking you to unmute.

Now is the time for open sharing. We do not use a timer, but please respect our group conscience by limiting your sharing on OA-related topics to four (4) minutes, and after everyone has shared, there may be time for a second share. We will share until **6:40 p.m.** (**6:25 p.m. on the third-week business meeting nights**). We are now open for sharing.

15. **After Sharing**

At this time, please sign-in via the chatroom, including your phone number and if you are a sponsor. Please check the chatroom to obtain names and phone numbers of those you can call—many here are happy to speak to others about OA and recovery from compulsive overeating; sharing helps us maintain our own recovery.

If no one has volunteered yet, ask: Is there someone who would like to do service and lead the meeting next week?

16.  **Ask someone to read “The 9th Step Promises.”**

17. **Closing**

By following the 12 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 different 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 other’s anonymity. “What you see here, whom you see here, when you leave here, let it stay here.” Let us reach out by phone or email or text to newcomers, returning members, someone that you have not seen in a while, and to each other. Together we get better!

Thank you for allowing me to be your leader.

Will those of you wish to, please join me in the _____.

(Closing of your choice—the Zoom host will put it on screen: The Serenity Prayer, The 3rd Step Prayer, The 7th Step Prayer, or The OA Promise: I Put My Hand in Yours.)