

Leader Guide: Redmond Online Meeting of OA
(5:30-6:30pm Pacific Time – Seattle Intergroup)
[Last Updated 2026 Jan]

Hello and welcome to the Tuesday evening Redmond Online meeting of Overeaters Anonymous.

My name is _____. I am your volunteer leader for this evening and a recovering compulsive overeater.

You can use the Zoom chat to share your first name and contact phone number or email address if you choose. You may also want to note if you are a newcomer. If you are an available sponsor, we encourage you to also add “sponsor” after your Zoom display name or to say that you are a sponsor during your share.

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.

Just a reminder that this meeting has decided to be a no-food meeting. If you choose to eat during the meeting, please turn off your camera.

For those who would like to, please unmute and join me as we start our meeting with the Serenity Prayer:

*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.*

Let's now take a moment of silence for those who are still suffering with the illness of compulsive overeating, both inside and outside of the OA fellowship.

(Pause for 10 seconds or so...)

Next, will someone please read the 12 Steps of OA?

The Twelve Steps of Overeaters Anonymous

1. *We admitted we were powerless over food—that our lives had become unmanageable.*

2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Welcome to our Newcomers! We encourage you to get a sponsor to help guide your recovery, develop a plan of eating, and read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.

If you have questions, the meeting will remain online for 15 minutes after we close, for questions and fellowship.

If you'd rather be contacted directly for your questions, please do comment in chat that you're a Newcomer, to OA or this meeting, and leave a phone number or email. If you're not sure how to Zoom chat, you can also give your contact info during the fellowship time.

As we work the Overeaters Anonymous 12-Step program of recovery from compulsive eating, we have Tools to help us. We use these Tools—a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service—on a regular basis, to help us achieve and maintain abstinence and recovery from our disease.

In this meeting, each week we meditate on one of the tools.

Today we are meditating on _____. You can turn your video off if that's more comfortable. I will read the tool description for this week from the *OA Tools of Recovery* pamphlet and then time for 2 minutes.

A Plan of Eating

As a Tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where, and why we eat. This Tool helps us deal with the physical aspects of our disease and achieve physical recovery.

Sponsorship

We ask a sponsor to help us through all three levels of our program of recovery: physical, emotional, and spiritual. Find a sponsor who has what you want and ask that person how they are achieving it.

Meetings

Meetings give us an opportunity to identify our common problems, confirm our common solution, and share the gifts we receive through this Twelve Step program. In addition to face-to-face meetings, OA offers telephone and other types of virtual meetings that are useful in breaking through the deadly isolation caused by distance, illness, or physical challenges.

Telephone

Many members call, text, or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.

Writing

Putting our thoughts and feelings down on paper, or describing a troubling or joyous incident, helps us to better understand our actions and reactions in a way that is often not revealed by simply thinking or talking about them.

Literature

We read OA-approved literature, which includes numerous books, study guides, pamphlets, wallet cards, and selected Alcoholics Anonymous texts. All this material provides insight into our disease and the experience, strength, and hope that there is a solution for us.

Action Plan

Creating an action plan is the process of identifying and implementing attainable actions to support our individual abstinence and emotional, spiritual, and physical recovery. This Tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

Anonymity

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to

place principles before personalities (Tradition Twelve). Anonymity assures us that only we, as individual OA members, have the right to make our membership known to others. Anonymity at the level of press, radio, films, television, and other public media of communication means that we never allow our faces or last names to be used once we identify ourselves as OA members (Tradition Eleven). Within the Fellowship, anonymity means that whatever we share with another OA member will be respected and kept confidential. What we hear at meetings should remain there.

Service

Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery. Members who are new to OA can give service by attending meetings, sharing, and putting away chairs. All members can also give service by putting out literature, welcoming newcomers, hosting a virtual meeting, or doing whatever is needed to help the group. Members who meet specified requirements can give service beyond the group level by serving at the intergroup, service board, region, or world service level. As OA's responsibility pledge states, "Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible."

Okay, that's our 2 minutes...

Are there any announcements to share for OA or this meeting?

Just a reminder, if you'd like an outreach call or text please add your phone number in the Zoom chat. This is how our members know they can reach out to you.

OA is self-supporting. If you would like to donate, please consider donating to Overeaters Anonymous directly; the link will be added to chat.

In this meeting, we read from OA-approved literature.

The format is to read without interruption and the sharing is done afterwards. You do not have to read or share unless you want to.

- On the FIRST Tuesday of the month, we read the Step chapter that corresponds with the calendar number of the month in the OA 12/12 book.
- On the SECOND Tuesday of the month, we read the Tradition chapter that corresponds with the calendar number of the month in the OA 12/12.

- On the THIRD Tuesday of the month, we read from the AA Big Book for 10 minutes – starting where we left off at the last Big Book reading.
- On the FOURTH Tuesday of the month, a SPEAKER will share their story for 15 minutes.
- When there is a FIFTH Tuesday of the month, we read a second time from the AA Big Book.

This is the ___ Tuesday of the month...

- *If 1st Tuesday of the month:*
We will read Step ___ found in the OA 12/12 book on page ___.
- *2nd Tuesday of the month:*
We will read Tradition ___ found in the OA 12/12 book on page ___.
- *3rd Tuesday of the month:*
We are reading from the Alcoholics Anonymous “Big Book” where we left off on page ___.
- *4th Tuesday of the month:*
Will the Speaker Getter please introduce tonight’s Speaker?
- *5th Tuesday of the month:*
We are reading from the Alcoholics Anonymous “Big Book” where we left off on page ___.

After the week’s reading or Speaker share is complete:

We are now open for sharing. You may share about the reading or about another aspect of your OA Program. Please remember, there is no advice-giving or cross-talk during the sharing. When you share, address the group as a whole.

It’s okay to share a second time if all others who want to have shared.

Please keep your share to 3 minutes or so –

[If there are more than 15 people in the meeting – add:]

Because there are more than 15 people in the meeting, we’ll time the shares and give a gentle reminder at 3 mins. Who can volunteer to be our timer today?

The floor is now open. We will share until 6:25 pm.

At 6:20 Pacific:

Are there any Newcomers who haven't shared who would like to? Is there anyone else who would like to share before we close the meeting?

At 6:25 Pacific:

We will now close the meeting. The opinions expressed here were 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 hear here, whom you see here, when you leave here, let it stay here."

Service is a key component of recovery and volunteer meeting leadership is an important service to our group. You can read directly from this script online – Who is willing to lead the meeting next week?

Let's all reach out by phone, email, or text to newcomers, returning members, and each other. Together we get better!

We will now close with The OA Promise, also known as Rozanne's Prayer or the Unity Prayer. All are invited to read along together on mute, while our volunteer reads out loud –

Who would like to volunteer to provide the service of reading Rozanne's Prayer aloud?

Rozanne's Prayer or the Unity Prayer (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.*

If you'd like to save contact names and numbers, you can save the text of the Zoom chat. On a desktop, click the 3 dots at the top-right of the chat box, then click Save Chat.

The meeting will remain open for the next 15 minutes – for any questions from Newcomers or any of us, and for Fellowship.

If there is a business meeting tonight:

The meeting will remain open for the next 15 minutes for our business meeting all are welcome to stay and participate.

Thank you for joining us here this evening.