

Sunday Night Edmonds Meeting of Overeaters
Anonymous (revised 08/07/26)

Note for the Leader: *As the leader, please be mindful of the newcomer and speak slowly.*

1. Welcome to the Sunday Night Meeting of Overeaters Anonymous. My name is _____, I am a compulsive eater and your leader for tonight. Please remember to silence your cell phones and be conscious of creating any distractions. Kindly use the Mute setting on Zoom when you are not speaking. It is important to create a calm and welcoming environment for all.

2. Will all those who wish to, please join me in slowly reciting the Serenity Prayer so that it is easier to speak in unison:

**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. 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 or 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.

Our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the 12 steps of OA to those who still suffer.

4. Are there any other compulsive eaters here beside myself? Feel free to use the Raise Hand feature in Zoom. Is there anyone here for their first, second or third time? *

***If there are newcomers:**

- Please tell us your first name so that we may welcome you., The host will post a link to newcomer resources in the chat (When there are newcomers, we read Step One from the 12 Steps

and 12 Traditions of Overeaters Anonymous, 2nd Edition.)

5. Is there anyone here that is returning to OA or visiting from another area? **

****If there are returning members:**

- Please tell us your first name so that we may welcome you.

6. Everyone is invited to connect with others in this meeting by adding your first name, phone number and a brief comment in the Zoom Chat section. If you are willing to be a sponsor, please include an asterisk (*) after your name. This is one of the ways that we are sharing our contact information with one other and staying connected. Feel free to take down numbers so that you can continue fellowship outside of the meeting.

Sponsorship is one of the 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 they are achieving it.

7.. To find other OA meetings, events and resources, go to the web page for Greater Seattle Intergroup (GSI) at

seattleoa.org or talk with a member of our group after the meeting. We will keep the Zoom open for fellowship or Q&A after the meeting if anyone is interested.

8. Will someone please read the 12 Steps?

9. Will someone please read the corresponding Tradition of the Month?

10. In OA, abstinence is, “The action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.”. Many of us have found that we cannot abstain from compulsive eating unless we use some or all of OA’s tools of recovery. The 9 tools are: **A plan of eating, Sponsorship, Meetings, Telephone, Writing, Literature, Anonymity, A Plan of Action, and Service.** Will someone please choose a tool from the “Tools of Recovery”, read the written description and briefly share their experience in using the tool?

11. Only OA approved literature is used at this meeting. Many OA members find that reading our literature on a daily basis helps to further reinforce how to live the 12 Steps.

12. According to our 7th Tradition we are self -supporting through our own contributions. Our only group expense at this time is an annual Zoom fee. When we have excess funds, we may contribute to Greater Seattle Intergroup, in order to help carry the message to other compulsive eaters and/or provide scholarships to OA events for meeting members. Donation of excess funds will be decided by group conscience at a business meeting. If you are new, we suggest that you save your donation to use towards the purchase of literature. The host will post a link for donations to this meeting in the chat.

Donations to Edmonds Sunday Night Meeting can be made with PayPal, Venmo, debit or credit card at:

https://www.paypal.com/donate/?cmd=_s-xclick&hosted_button_id=VC8JPMGTTQYPL&source=https%3A%2F%2Fwww.seattleoa.org%2Fmeetings&ssrt=1779905604426

13. Are there any OA related announcements?

On the second Sunday of the month ONLY

- The GSI representative may give a brief report on the meeting (NOTE: The GSI rep is welcome to

make additional brief announcements to update information as needed each week.)

- We will also conduct a business meeting on the second Sunday or as needed.

14. At this time, we will now take turns reading. Please feel free to read as little or as much as you like. You are also welcome to pass as there is never any obligation to participate. This week we will be reading from

_____.

Weekly Format:

1st Sunday: Tradition of the month

2nd Sunday: Leader's choice of OA approved literature (read for 10 min)

3rd Sunday: Step of the month

4th Sunday: First 164 pages of the Big Book (read for 10 min)

5th Sunday: Leader's choice of OA approved literature (read for 10 min)

15. As you share your experience and strength in OA, also share your hope. Please confine your sharing to your 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, show 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 with 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 who is sharing at the time.

16. Please try and limit your share to 4 minutes or less so that all who wish to may have a chance to share. Would someone like to be the timer? The meeting is now open for sharing.

At 7:25 PM or when everyone has had a chance to share:

- Does anyone have a burning desire to share?

17. In closing, the opinions expressed here today are 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, who you see here, when you leave here, let it stay here.

18. Let us reach out to newcomers, returning members and each other. This is an important part of our recovery from compulsive eating.

19. Thank you for letting me be your leader tonight.

20. After a moment of silence, will all those who wish to please join me in _____. ***

*****Prayer Options:** Serenity Prayer, 3rd Step Prayer, 7th Step Prayer, OA Promises

- <https://nhaa.net/useful-links/prayers-promises/>
- <https://oa.org/working-the-program/prayers-meditation-2/>