

Welcome to the Friday Overeaters Anonymous Steps and Traditions meeting

My name is _____. I'm a compulsive eater and your leader for this meeting.

Would someone please read the OA Preamble?

Will all 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.

Now that we've said the Serenity Prayer, I invite you all you to mute yourselves until you wish to speak.

As we welcome all to our meeting, 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 regardless of race, nationality, religion, gender identity, sexual orientation, or any other trait.

Is anyone here for the first, second, or third time? Please unmute yourself and share your first name so that we can welcome you. We can give you the newcomer information when we go back to face-to-face meetings, and please also check out the website oa.org and centralvaooa.org for information. We encourage you to get a sponsor to guide you in your recovery and to attend at least 6 different meetings before deciding whether OA is for you. Please stay after the meeting so we can answer any questions you may have.

- Will someone read the 12 Steps?
- Will someone read the 12 Traditions?

The OA Tools of Recovery help us work the Steps and refrain from compulsive overeating. The nine Tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, an action plan, anonymity, and service. For more information, read The Tools of Recovery pamphlet.

Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the 12 Steps and 12 Traditions to the best of their ability. Sponsors share their program up to the level of their experience, and they 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. Will all abstinent sponsors please identify themselves? If you're on video please raise your hand, or if you're on the phone, please unmute and say your name.

You can share your contact information by clicking on the Chat box and typing it in there. Please feel free to take names, numbers and email addresses from the Chat box to use later.

We will read from the purple second edition of The Twelve Steps and Twelve Traditions of Overeaters Anonymous. We will take turns reading one or two paragraphs.

Feedback, cross talk, and advice giving are discouraged here; we speak directly to the group rather than commenting on what others have said. Please refrain from discussing religion, treatment centers, or any non-conference approved literature.

The new format for the Zoom meeting is that anyone can read and share, and then anyone else can share on that passage before we move on. If you don't have the literature we are reading, you may still share. Please unmute yourself and announce yourself.

Please keep your shares to 3 minutes. Who is willing to be our time keeper?

- Who would like to get us started by reading from where we left off last week, which is Page _____, the paragraph beginning _____

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(At 12:25 p.m.) It's time to close the meeting.

Our 7th tradition states we are self-supporting through our own contributions. Since we aren't meeting face-to-face for now, we encourage you save up your contributions and give them to the treasurer when we start to meet in person again. Whatever you choose to contribute, please give as if your life depends on it.

Are there any OA-related announcements?

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. Whom you see here, What you hear 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.

- Would someone read the Promises on page 83-84 of the Big Book.
- We will now close with the Serenity Prayer, followed by "I put my hand in yours."

The following is 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. 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.