

SUNDAY 10:30 ZOOM MEETING FORMAT

Welcome to the Sunday 10:30 meeting of Overeaters Anonymous. My name is _____. I am a compulsive eater and your leader for this meeting.

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.*

Please mute yourself. Are there any compulsive eaters here besides myself? Is there anyone here for a first, second, or third time? Would you please unmute and tell us your first name so we can welcome you?

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.

[Ask someone to read the Twelve Steps of Overeaters Anonymous]

[Ask someone to read the Twelve Traditions of Overeaters Anonymous]

*[*IF* there are newcomers, ask someone to read "Our Invitation to You"]*

[If there are no newcomers, read this paragraph:] In OA, abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living the Overeaters Anonymous Twelve Step program. 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.

Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the Twelve Steps and Twelve Traditions to the best of their ability. Sponsors share their program up 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. Will all those who are sponsors please raise your hands? Will all those who are willing to be temporary sponsors please raise your hands?

Please put your contact information in the chat box so that others can reach out to you.

This is a Step meeting, except for the last Sunday of the month, when we read a story from *Overeaters Anonymous* (the Brown Book), second edition. Today we are reading _____. We will

take turns reading a paragraph or two, then share if the reader wishes. Then others who wish to share on the same passage may do so. As you share your experience and strength in OA, please also share your hope. If you are having difficulties, share how you use the program to deal with them. Feedback, cross talk and advice-giving are discouraged here. Cross talk 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 at the time. We use a timer to limit shares to three minutes. Is anyone able to time shares today?

[At 11:25 a.m. the leader takes the meeting back.] Before I take back the meeting, is there anyone who has a burning desire to share?

According to our Seventh Tradition, we are self-supporting through our own contributions. Expenses are literature and donations to the hospital's volunteer lounge in lieu of rent. We send quarterly contributions to the Central Virginia Intergroup, Region 7, and the World Service Office. Please donate as you are able. For now, our treasurer has asked that you donate via PayPal to haubie17@gmail.com or hold your donations till we resume meeting in person.

Are there any OA-related announcements? Can someone please note what next week's reading will be? Is someone willing to lead the meeting next week? If anyone wants to have their email added to the OA list for announcements, let me know after the meeting.

By following the Twelve Steps, attending meetings regularly, and using the OA Tools, we are changing our lives. To the newcomer, we suggest attending at least six different meetings to learn the many ways OA can help 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 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. Thank you for letting me be your leader. After a moment of silence, will those of you who wish to please join me in the Third Step Prayer, followed by 'I put my hand in yours'?