

Tuesday 11:30 Zoom meeting format

Welcome to the Tuesday 11:30 meeting of Overeaters Anonymous. My name is _____, and I'm a compulsive overeater. Will those who wish to please join me in 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.

Please mute yourself. As we extend the heart and hand of the OA 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 to our common problem. Whatever problem you may have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait.

Are there any compulsive overeaters here besides myself? Anyone here for the first, second or third time? Please unmute and tell us your name so we can welcome you. We can give you a newcomer packet when we resume face-to-face meetings, but meanwhile please check out oa.org and centralvaooa.org. We encourage you to get a sponsor to help guide your recovery; develop a plan of eating and, if you wish, write it down and report daily to your sponsor; and read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.

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.

Would someone please read the Twelve Steps? Would someone please read the Twelve Traditions?

In OA, abstinence is the act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Recovery is removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and 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. 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 Twelve Steps and Twelve 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 by raising their hands or unmuting and announcing their names?

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.

Only OA literature is used at this meeting. Many OA members find that reading our literature on a daily basis further reinforces how to live the Twelve Steps.

This is a speaker meeting. Our speaker will share experience, strength and hope for 20 minutes, then suggest a topic, and then we will have open sharing. I'll take the meeting back at 12:25.

As you share your experience and strength in OA, please 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, share 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 to your sponsor and other members after the meeting. Feedback, crosstalk, and advice-giving are discouraged here. Crosstalk 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 or sharing at the time. We ask everyone to respect our group conscience. This meeting has decided that the meeting leader has the discretion to suggest to anyone sharing that he or she is off topic, and we ask you to accept this suggestion in order to keep the meeting on track. We use a timer to limit shares to three minutes. Is someone willing to time today?

[Take the meeting back at 12:25] It is now time for me to take the meeting back. Are there any OA-related announcements? Please consider volunteering to lead this meeting in the future—you can let me know in the chat box if you are willing to lead. According to our Seventh Tradition, we are self-supporting through our own contributions. Normal expenses are rent and literature, and we send contributions to our intergroup, region, and the World Service Office to help carry the message to other compulsive overeaters. Our treasurer has requested that you save up your contributions and give them to her when we resume meeting in person.

By following the Twelve Steps, attending meetings regularly, and using the OA Tools, we are changing our lives. You will find hope and encouragement in Overeaters Anonymous. To the newcomer, we suggest attending at least six different meetings to learn the many ways OA can help you. There are many types of meetings, all of which are available to support your recovery from compulsive eating. We welcome you to this meeting whenever you would care to attend. There are other meetings you can explore at oa.org.

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 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 unmute and join me in the Serenity Prayer, followed by "I put my hand in yours"?