

WEDNESDAY 11:30 OA BIG BOOK STUDY MEETING

Welcome to the Wednesday 11:30 Overeaters Anonymous Big Book Study. My name is _____ . I am a _____ and leader for this meeting. Will you 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. Please enter your contact information in the chat box so others can reach out to you.

If this is your first Overeaters Anonymous meeting, or your first time at this meeting, please introduce yourself with your first name so we can welcome you. We invite you to stay after the meeting if you have questions about OA. 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 identify, sexual orientation, or any other trait.

(name) will read the **12 Steps**. (name) will read the **12 Traditions** (name) will read **The OA Preamble**.

Our purpose: The purpose of our Big Book study meeting is to carry the message that people who suffer from eating disorders can recover through abstinence (putting down the food), practicing the 12 Steps and 12 Traditions of Overeaters Anonymous, and reading and studying how the book *Alcoholics Anonymous* can guide us to recovery from our disease, one day at a time, if we follow its suggestions.

How our meeting works: Our meeting focuses on the directions for recovery described in the book *Alcoholics Anonymous*, 4th edition, also referred to as the Big Book, by reading and studying from The Doctor's Opinion through page 164. We read a paragraph or two, then everyone who wishes to may share on the passage. We ask that your share be directly related to the passage read and what the directions in the Big Book mean to you. If time allows, we then read further passages and share until 12:25. Everyone is free to read or share at this meeting. Please note that we refrain from cross-talk at this meeting. Cross-talk is described as giving advice to another member when sharing, speaking directly to another member when sharing or commenting on another member's share, or questioning or interrupting anyone speaking. This meeting also uses a timer to limit shares to 2-3 minutes, as determined by the leader depending on the size of the meeting, so please wrap up your share at the signal. Who can be our timekeeper?

Before we start reading, please note that this meeting reads the Big Book *as written*, without changing any words, and we ask that you to observe this guideline. **[LEADER NOW TELLS WHERE TO START READING.]**

[At 12:25, leader takes the meeting back.] Will someone please note where to begin next week?

Because our meeting is self-supporting, we pass the 7th Tradition pouch to cover our expenses. As is stated in our Preamble, there are no dues or fees. Our World Service Organization's suggested contribution is \$5, but your presence is more important than your donation, so please give what you can. Contributions pay for meeting expenses, including rent and donations to our local Intergroup, Region 7 and the OA World Service Office. While we are meeting on Zoom, please save your contributions to give to our treasurer when we resume in-person meetings. Are there any OA-related reports or announcements? If you would like to receive OA-related reports and announcements by email, please give me your email address pass on to our Internal Communications Chairperson.

Will all sponsors please raise your hand or unmute and announce yourself? Note that sponsorship is considered one of OA's keys to success for recovery. If you have questions about sponsorship, please connect with one of the sponsors after the meeting.

Thank you for letting me be the leader today. Would someone volunteer to lead next week?

(name) will read on **page 164**, starting with "Our book...".

Remember our commitment to anonymity, "Whom you see here, what you hear here, when you leave here, let it stay here." Please unmute and we will close with the Serenity Prayer.