

Overeaters Anonymous Sunday 4pm Literature Study

Welcome to the Sunday 4pm meeting of Overeaters Anonymous. My name is _____. I am a [describe eating disorder or abstain] and your leader for this meeting.

Will those who wish, please unmute yourselves and join me in a moment of silence followed by 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.

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.

This meeting has opted to be open to the public on the first week of the month.

Please refrain from using your cell phones unless you are using them for Zoom. For everyone, please mute yourself (*6 for phone folks) if you are not speaking. This will help improve sound quality for everyone.

The tools of the program assist us as we work and live the twelve steps. The nine tools are a plan of eating, sponsorship, meetings, telephone, literature, writing, anonymity, service, and an action plan. The tools are discussed in further detail in the pamphlet "Tools of Recovery."

You're welcome to type your name and number in the chat space and copy other member's names and phone numbers if you wish. Seventh Tradition self-supporting contributions can be sent to Make check out to "Madison Area Intergroup" Mail to Melanie P /// OR oa.org for credit card. All meetings are free to attend, give as the spirit moves you.

A Group Conscience will take place the last week of the month. We will end our meeting at 4:50 pm if there are topics for consideration.

This meeting recognizes lengths of abstinence from compulsive eating and/or food behaviors. Is there anyone celebrating an annual or monthly anniversary this week?

We also want to recognize those persevering through the beginning of their new lives. Does anyone want to share their day count?

Is there anyone here who would like to get a virtual "desire chip?"

One of the tools of recovery is seeking out a sponsor. Would all sponsors raise their hand? Will all available sponsors keep their hand raised?

Are there any OA-related announcements?

Are there any newcomers or members coming back from a relapse here tonight (*if yes, proceed to newcomer format*)?

If there are newcomers or visitors:

Would you please tell us your first name so we can welcome you?

To Newcomers:

We recommend that newcomers attend at least six meetings before deciding whether OA is for you . We also suggest attending several different OA meetings to get a feel for the program, since OA meetings vary in structure and focus.

Let's go around and introduce ourselves by our first names [leader's choice if all participants are on video with names showing; if there are some participants on phone only, please go around and introduce folks].

If no Newcomer is present: Would someone read the Twelve Steps?

If Newcomer is present:

The World Service definition of abstinence is:

“Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.”

Every individual is free to define their own abstinence.

Would someone please read "Our Invitation to You?" [including the Twelve Steps]

In all cases: Would someone read "The Twelve Traditions?"

LITERATURE STUDY:

We will now begin the topic portion of the meeting. Any member can bring a topic with associated OA approved literature. If there are no topics, then we will do today's readings from Voices of Recovery and For Today

MEDITATION:

We will now have our ten minute quiet session. This time may be used for journaling, meditation, or any activity that is silent, on today's reading. I will let you know when to begin and will give 5 minute, 1 minute and end notifications.

SHARING:

Now is the time for sharing your experience, strength and hope on the reading. In this meeting, we refrain from cross talk. That is each person is given a chance to speak and no one interrupts or comments on what the person has said. Nor do we speak directly to another person or use another's name in our share. We avoid mentioning specific foods since this can trigger the obsession of the mind in some members. In honor of the Sixth and Tenth Traditions, please refrain from mentioning specific religions, weight loss groups, other 12 step groups by name, diets and / or political ideology, etc. to keep the focus on OA recovery.

IF MORE PEOPLE, AND NEED TO LIMIT SHARES, THEN READ: In honor of the First Tradition, this meeting has a spiritual timekeeper to limit shares to **(2-4 minutes, according to time remaining and number of people)**. When the timekeeper raises their index finger, you have one minute remaining. When the palm is out, you're done. Who would like to volunteer to do this?

We will now have a member start our shares. Once finished, [**meeting leader pick one:** whoever feels moved to share next will go ("ping-pong" style) OR we will move to the next person I designate]. This meeting respects your desire to abstain from sharing. Who would like to start?

CLOSING:

The opinions expressed here are those of the individual OA members and do not represent those of OA as a whole. We encourage you to keep coming back. Many of us at one time were unsure if OA was for us. If you are a Newcomer, if you are struggling, or if you have yet to find the recovery you seek, please don't leave before the miracle happens. Let us all reach out to newcomers, returning members and each other. This, like all service, is an important part of our recovery from compulsive eating. Please also remember that we practice anonymity. What you hear here, whom you see here, let it stay here. HEAR HEAR!

Would someone read the closing? [Pass out the sheet that contains the last two paragraphs of Step Twelve from page 86-87 of The Twelve Steps and Twelve Traditions of Overeaters Anonymous 2nd Edition or read "The Promises" starting on page 83 of the Big Book (skips some of the text in the book)]

Will those of you who wish, please unmute yourselves and join me in a moment of silence, followed by the Serenity Prayer.