

MONDAY MORNING MEETING GUIDE

Before meeting ask volunteers to read the Twelve Steps and the Twelve Traditions.

Welcome to the Monday morning 10th Step Meeting of Overeaters Anonymous. My name is _____. I'm a compulsive eater and your leader for this meeting.

Will those who wish, 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 unless you are speaking.

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.

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 eaters here besides myself?"

THE DEFINITIONS OF "ABSTINENCE" AND "RECOVERY" IN OVEREATERS ANONYMOUS:

1. Abstinance: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.
2. Recovery: Removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is the result of living the Overeaters Anonymous Twelve Step program."

INTRODUCTIONS:

Please feel free to put your name and number in the chat so that we can reach out to one another between meetings.

[The Twelve Steps of Overeaters Anonymous.]

[Twelve Traditions of Overeaters Anonymous.]

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TOOLS:

“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, action plan, anonymity, and service. For more information, read The Tools of Recovery pamphlet.”

MEETING FORMAT:

This meeting is a 10th Step meeting using the questions from AA’s Big Book to review our last week. (Copy and paste questions into the chat or ask someone else to do it if you aren’t comfortable.)

- Was I resentful?
- Was I dishonest?
- Did I promptly admit when I was wrong today?
- Do I owe an apology?
- Did I do or say something today out of fear?
- Have I kept something to myself which should be discussed with another person at once?
- Did I think today of what I could do for others?
- Was I kind and loving towards all?
- Did I reach out to someone in recovery today to see how they were doing?
- Did I take the time to connect with my higher power through prayer or meditation today?

We will open the meeting for comments.

Feedback, cross talk, and advice giving are discouraged here. Cross talk 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.

This meeting has decided that the chair for each meeting has the discretion to suggest to anyone sharing that he or she is off-topic or speaking too long. We ask you to accept this suggestion in order to keep the meeting on track. We ask everyone to respect this group conscience.

at 8:10

SEVENTH TRADITION:

According to our Seventh Tradition, we are self-supporting through our own contributions. We send regular contributions to our intergroup, our region, and the World Service Office to help carry the message to other compulsive overeaters. Give as if your life depends on it! We encourage OA members to give as much as they are able, to help our group be self-supporting. Please give as you can.

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This meeting uses Venmo @Andrea-Roche-8 or you can mail a check made out to "OA" to Andrea R. at 118 Newberry Drive, Prosperity SC 29127

Are there any OA-related announcements to share?

CLOSING:

In conclusion, we would like to stress the importance of anonymity to this group. The Steps are essential to our recovery; our freedom to share deeply at these meetings is important to working the Steps.

As a reminder, the opinions expressed here today are those of individual OA members and do not represent OA as a whole.

After a moment of silence, will those of you who wish please join us in [Select one: Serenity Prayer, Seventh Step Prayer, Third Step Prayer, or the OA Promise 'I put my hand in yours....']