

Welcome to the Friday 5:30pm 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.

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.

Is there anyone visiting our meeting for the first or second time " either new to our meeting or new to OA? Would you please tell us your first name so we can welcome you?

We encourage everyone 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."

Have someone read:

- "Our Invitation to You" including the Twelve Steps of Overeaters Anonymous.

Click here for Invitation (<https://oa.org/group-resources-list/our-invitation-to-you-2/>). Or an abridged version of 'Welcome Home' from the book A Taste of LifeLine.

Click here for "Welcome ([Welcome Home \(abridged\) \(oa.org\)](#))"

- The Twelve Traditions of Overeaters Anonymous.

click here for the steps and traditions (<http://overeaters.org/12-steps-12-traditions/>)

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.

SPONSORS: 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?

SEVENTH TRADITION & ANNOUNCEMENTS:

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.

7TH Tradition: Venmo @CentralmidlandsIntergroup / Meeting #800860

Are there any local, intergroup or regional OA-related announcements to share?

MEETING FORMAT:

This meeting is an Abstinence study. We read from the Abstinence, Second Edition: Members of Overeater's Anonymous Share Their Experience, Strength and Hope each week rotating through the short stories. We will read one story at a time and then stop to discuss what we read.

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, 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 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 to keep the meeting on track. We ask everyone to respect this group conscience.

CLOSING:

In conclusion, we would like to stress the importance of anonymity to this group.

“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 by phone or email to newcomers, returning members, and each other. Together we get better. 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....’].