

## Leader's script for CMI Newcomers' Informational Meeting

Sunday's 5:30PM

(created 1/1/2024)

### At 5:30pm:

Welcome to the Central Midlands Intergroup's Informational Meeting for Newcomers. My name is

\_\_\_\_\_, and I am a compulsive eater *[or however the leader identifies]* and our leader for this meeting.

Although we call ourselves Overeaters Anonymous, we welcome everyone who thinks they may have a problem with any compulsive eating behaviors.

We often begin an OA meeting with the Serenity Prayer, which will be placed in the chat. Please unmute yourself if you'd like to say the prayer along with me.

*Tech - please copy and paste this into Chat:*

God, grant us the serenity to accept the things we cannot change, courage to change the things we can, and wisdom to know the difference.

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, age, nationality, religion, gender identity, sexual orientation, or any other trait.

Here are some Zoom tips:

- \* To ensure fewer distractions please mute yourself when you are not speaking. If you are on the phone, Star (\*) 6 will toggle between mute and unmute. Star (\*) 9 will toggle between raising and lowering your hand.
- \* We invite - but do not require - those attending to keep their video on. We think that helps us all remain present for the meeting. Please turn your video off when you're moving around or eating.
- \* For security purposes, we have one person acting as host who handles our waiting room. We also make everyone in the meeting whom we know a co-host in this meeting. This does not mean you need to handle any duties; it just makes it easier to identify intruders.
- \* Now, a word on Zoom intruders...  
When people are disruptive, we'll lock the meeting. Everyone's video and audio will be disabled -  
everything will go dark and silent. Then we'll ask for the group's patience while we remove the disruptive people, and then we'll resume the meeting. If you are a co host,

- you will be able to restart your video yourself.
- \* To see Chat, click on the Chat icon at the bottom of your screen.

The purpose of *this* meeting is to introduce OA newcomers to the program of recovery. We'll begin with some readings that we often hear at OA meetings. Then an OA member will share their experience with compulsive over- and/or under-eating. We will then invite newcomers to ask questions about any aspect of OA.

This is the OA Preamble - you'll hear it at the beginning of every OA meeting. 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.

*Tech - please screen-share Our Invitation to You (AND put the link to Our Invitation to You in Chat.* <https://oa.org/group-resources-list/our-invitation-to-you-2/>

*Leader - ask for two volunteers - one for the text up to the Steps, and another for the Steps and the following paragraphs.*

Will someone please volunteer to read "[Our Invitation to You?](#)"

OA's definition of abstinence: Abstinence is defined as the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.

Other terms you will hear frequently in OA are "Tools" and "Sponsors".

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.

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 they are achieving it.

You may hear the words "Big Book" mentioned tonight. "Big Book" refers to the book

Alcoholics Anonymous. The Big Book is *the* textbook for recovery in Alcoholics Anonymous, and for many other Twelve Step fellowships as well. Other books which may be referenced are the OA 12 Steps and 12 Traditions, as well as the Overeater's Anonymous, 3rd Edition, "Brown Book".

Telephone is one of the OA tools of recovery. Please share your number in Chat if you would like others to call or text you. You can choose to share it with "Everyone", or with a specific person. Winifred is especially interested in connecting with you later this week, so please at least share your phone number with Winifred, a member of our Newcomer Committee. Other committee members are Joseph, Wanda and Samoria. All will be glad to answer questions and help get you started on your journey. We suggest you take their numbers, if you wish. You can also take down the numbers of others for connection and fellowship.

Please also put your email address in Chat if you'd like some helpful info for newcomers by email after the meeting. You can choose to share it with "Everyone", or with Samoria, who sends the email. Please check your spam or junk folder - lots of people report the email ends up there.

You can "Save Chat" to your computer (but not to your tablet or smartphone) - instructions on how to do that are in the Chat. You can take screenshots of Chat with your tablet or smartphone.

***Tech - please put this in Chat:***

TO SAVE CHAT: If you are on a computer you can save the chat record for this meeting by clicking the ... at the bottom of your chat box to the right of the "smiley face" or emoji button - select "save chat" and then click "show in folder" to see where your computer has saved the chat.

Many have asked, "What should I do next?" You may want to consider "The First Twelve Days in OA". Think of it as "OA 101 - Intro to OA"!

The First Twelve Days in OA offers a personal, short-term introduction that will help you take an honest look at your eating and your behaviors and habits around food. You'll learn about OA, and you'll discover whether OA might be able to help you stop hurting yourself with food.

How does it work? Together, you and a more experienced OA member will go through a series of twelve assignments involving readings from the *Where Do I Start?* pamphlet. You'll meet together twelve times (phone, Zoom, in-person) to discuss the readings and any questions that were asked in the assignments.

This process is designed for use by two people together. It is not intended to be done in isolation, for isolation is part of the problem!

Will people who are available to take a newcomer through The First Twelve Days please raise their hands?

We will now go around the Zoom room and introduce ourselves. I'll call on people in the order in which they appear on my screen. We need to go quickly here, in order to have time for people's questions.

Please tell us three things only: your first name, where you live, and how long you've been coming to OA. *Tech - please copy this sentence into the chat*

According to our 7th tradition, we are self supporting through our own contributions, neither soliciting or accepting outside donations. Expenses for this meeting are our contribution to our zoom and email accounts. All other contributions go to our local intergroup, region and world service to help carry the message. give as if your life depends on it. While we are doing this, are there any OA related announcements to share:

*Tech - please copy 7th tradition information into the chat. Tech - please copy this sentence into the chat*

**SEVENTH TRADITION-Checks made out to Central Midlands Intergroup and mailed to:**

**CMI c/o Andrea R.**

**118 Newberry Dr., Prosperity, SC 29127**

**or Venmo: @CentralmidlandsIntergroup**

**Designate Sunday Serenity Meeting**

We have invited \_\_\_\_*[name of speaker]* to share *his/her/their* experience, strength, and hope in OA with us today. The speaker will speak for 15 minutes and then we will open the meeting for questions and answers about OA. *[Ask the speaker how they'd like their time. Set timer for 15 minutes]*.

\_\_\_\_*[name of speaker]*, thank you for sharing your experience, strength and hope.

Again, the purpose of this meeting is to introduce OA newcomers to the program of recovery, and to answer newcomers' questions. If you have experienced recovery in OA, this is not a time for you to share as you would in your regular meetings, but only in response to newcomers' questions

The meeting is now open for questions from the newcomers who are here tonight.

Our speaker, \_\_\_\_\_, will get the first chance to respond. Then, any member of OA may respond to questions. Please limit your shares to the specific question, and limit your share to two minutes so we can allow time for more questions.

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

**At 6:28pm**

Thanks to everyone for coming - for those who asked questions, and those who didn't!

Now we'll close the meeting - but we invite everyone to stay on afterwards to hang out for a while and ask more questions. If we were meeting in person, we'd call this "parking lot time".

On the first Sunday of the month, we'll have a business meeting after the parking lot time. The business meeting will go from 6:45pm to 7pm. We'll fill Leader and Tech slots for the month, and will address any other issues that come up. Please consider joining us for that.

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 different types of meetings, all of which are available to support your recovery from compulsive eating. Meetings can be found on [oa.org](http://oa.org) and on our local website [centralmidlandsoa.com](http://centralmidlandsoa.com).

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.

Thank you for allowing me to be your leader today. After a moment of silence, will those who wish please unmute and join us in the serenity prayer.

*Tech, please copy and paste this into the chat:*

God, grant us the serenity to accept the things we cannot change, courage to change the things we can, and wisdom to know the difference.