

Saturday 9:00 AM Zoom Meeting Format  
Meeting ID 800230

Welcome to the Saturday Overeaters Anonymous Literature meeting

My name is \_\_\_\_\_. I'm a compulsive eater and your leader for this meeting.

Will all who wish to 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.*

Now that we've said the Serenity Prayer, I invite you all to mute yourselves until you wish to speak.

Is anyone here for the first, second, or third time? Please unmute yourself and share your first name so that we can welcome you. Please check out the website [oa.org](http://oa.org) and [centralvaoa.org](http://centralvaoa.org) for more information. We encourage you to get a sponsor to guide you in your recovery and to attend at least 6 different meetings before deciding whether OA is for you.

Please write your name and phone number or email in the chat box if you're willing to take calls and outreach from others.

**The following is the OA Preamble:** 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.

- Will someone please read the "Our Invitation to You" [Week 4 - Read from Big Book (4<sup>th</sup> edition, pages 58-59) How It Works]
- Will someone please read the OA Tradition of the month?

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. For more information, read The Tools of Recovery pamphlet.

Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the 12 Steps and 12 Traditions to the best of their ability. Sponsors share their program up to the level of their experience, and 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? If you're on video please raise your hand, or if you're on the phone, please unmute and say your name. If you wish, share your contact information in the Chat Box.

If you cannot afford to purchase literature and are in need of a book, Central Virginia Intergroup will provide one for you. Your choice of either the OA Brown Book or the OA 12 & 12 will be provided free of charge. The book can only be shipped within the continental United States. Please contact Dianna W. [worley82@gmail.com](mailto:worley82@gmail.com) or 804-380-0114 to receive a book.

**This is a literature meeting.**

**Read this every week:**

The format for the Zoom meeting is that anyone can read and share, and then anyone else can share on that passage before we move on. If you don't have the literature we are reading, you may still share. Please unmute yourself and announce yourself. Please keep your shares to 3 minutes. Feedback, cross talk, and advice giving are discouraged here; we speak directly to the group rather than commenting on what others have said. Please refrain from discussing religion, treatment centers, or any non-conference approved literature.

**On the first Saturday of the month, read this:** Today we read from the 12 Steps and 12 Traditions of Overeaters Anonymous, reading the step for the month, a paragraph at a time, and sharing if we wish. If there's time, we read from today's entry from For Today or Voices of Recovery. Who would like to get us started?

**On the second Saturday of the month, read this:** Today we read from the 12 Steps and 12 Traditions of Overeaters Anonymous, reading the tradition for the month, a paragraph at a time, and sharing if we wish. Who would like to get us started?

**On the third, and fifth Saturday of the month, read this:** Today is LEADERS CHOICE of literature including: For Today, Voices of Recovery, Lifeline Sampler, Brown Book, 12 & 12, and Big Book. We will read a paragraph or two and sharing or passing if we wish. Who would like to get us started?

**On the fourth Saturday of the month, read this:** Today we will read from the Big Book, a paragraph at a time, sharing if we wish. Resuming from previous month on page #. We read the text "as is", not changing any of the words. Who would like to get us started?

**(At 9:55 p.m.)** It's time to close the meeting. Our 7th tradition states we are self-supporting through our own contributions. We encourage you to send money to the Central Virginia Intergroup. The website is [centralvaooa.org](http://centralvaooa.org) and our Meeting ID is 800230. Our World Service Organization's suggested contribution is \$5 but your presence is more important than your donation so please give what you can.

- Are there any OA-related announcements?
- Thank you for letting me be your leader today. Would someone volunteer to lead next week?

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.

Please unmute and we will close with the Serenity Prayer.

## Our Invitation to You

We of Overeaters Anonymous have made a discovery. At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health and self-confidence, which some of us had once possessed, were no defense against it. We have learned that the reasons for the illness are unimportant. What deserves the attention of the still-suffering compulsive overeater is this: there is a proven, workable method by which we can arrest our illness.

The OA recovery program is patterned after that of Alcoholics Anonymous. As our personal stories attest, the Twelve Step program of recovery works as well for compulsive overeaters as it does for alcoholics.

Can we guarantee you this recovery? The answer is up to you. If you will honestly face the truth about yourself and the illness; if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life, and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover.

To remedy the emotional, physical, and spiritual illness of compulsive eating we offer several suggestions, but keep in mind that the basis of the program is spiritual, as evidenced by the Twelve Steps.

We are not a “diet” club. We do not endorse any particular plan of eating. In OA, abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Once we become abstinent, the preoccupation with food diminishes and in many cases leaves us entirely. We then find that, to deal with our inner turmoil, we have to have a new way of thinking, of acting on life rather than reacting to it—in essence, a new way of living.

From this vantage point, we begin the Twelve Step program of recovery, moving beyond the food and the emotional havoc to a fuller living experience. As a result of practicing the Steps, the symptoms of compulsive eating and compulsive food behaviors are removed on a daily basis, achieved through the process of surrendering to something greater than ourselves; the more total our surrender, the more fully realized our freedom from food obsession.

Here are the Steps as adapted for Overeaters Anonymous:

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

“But I’m too weak. I’ll never make it!” Don’t worry, we have all thought and said the same thing. The amazing secret to the success of this program is just that: weakness. It is weakness, not strength, that binds us to each other

and to a Higher Power and somehow gives us the ability to do what we cannot do alone. If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone anymore. Welcome to Overeaters Anonymous. Welcome home!

*Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.*