

## WEDNESDAY 11:30 OA BIG BOOK STUDY MEETING

Welcome to the Wednesday 11:30 Overeaters Anonymous Big Book Study. My name is \_\_\_\_\_. I am a \_\_\_\_\_ and your leader for this meeting. Will you 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.

You may enter your contact information in the Chat box so others can reach out to you, and you can reach out to others.

Welcome to all OA newcomers and returning members. If this is your first Overeaters Anonymous meeting, or your first time at this meeting, please introduce yourself with your first name so we can welcome you. Please check out our website at [centralvaoa.org](http://centralvaoa.org). We invite you to stay after the meeting if you have questions about OA. 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 OA Tools of Recovery** help us work the steps and refrain from compulsive eating. 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.

Will someone please read the **12 Steps**?

Will someone please read the **Tradition of the month**?

Will someone please read **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 to carry the message of recovery through the Twelve Steps of OA to those who still suffer."

**Abstinence** in Overeaters Anonymous is 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 working and living the OA 12 Step program on a daily basis.

**The purpose** of our Big Book study meeting is to carry the message that people who suffer from eating disorders can recover through abstinence, practicing the 12 Steps and 12 Traditions of OA, and studying how the book Alcoholics Anonymous can guide us to recovery from our disease, one day at a time, if we follow its suggestions.

**How our meeting works:** Our meeting focuses on the directions for recovery described in the book Alcoholics Anonymous, 4th edition, also referred to as the Big Book, by reading and studying from The Doctor's Opinion through page 164. We read one paragraph at a time, unless directed otherwise by the leader, then everyone who wishes to may share on the passage until I take the meeting back at 12:25. We ask that your share be directly related to the passage read and what the directions in the Big Book mean to you. Everyone is free to read or share at this meeting. Please note we refrain from cross-talk at this meeting. Cross-talk is described as giving advice to another member, speaking directly to another member when sharing or commenting on another member's share, or questioning or interrupting anyone speaking. This meeting also uses a timer to limit shares to 2-3 minutes, as determined by the leader depending on the size of the meeting, so please wrap up your share at the signal. Who can be our timekeeper?

Before we start reading, please note that this meeting reads the Big Book *as written*, without changing any words, and we ask that you to observe this guideline. **[LEADER NOW TELLS WHERE TO START READING.]**

**At 12:25**, leader takes the meeting back.

As is stated in our Preamble, there are no dues or fees for participation in our meeting. Our World Service Organization suggests a contribution of \$5, but your presence is more important than your donation, so please give what you can. You can contribute on our website, [centralvaooa.org](http://centralvaooa.org), by mailing a check to CVIG (Central Virginia Intergroup) or via Paypal. Are there any OA-related reports or announcements? If you would like to receive OA-related reports and announcements by email, please go to [centralvaooa.org/contact-us](http://centralvaooa.org/contact-us).

**BOOK PROGRAM** - If you cannot afford to purchase literature and you live in the continental U.S., Central Virginia Intergroup will provide you with either the OA Brown Book or the OA 12 & 12 free of charge. Please email Barbara L. at [belaws@gmail.com](mailto:belaws@gmail.com) to receive a book.

Will all sponsors please raise your hand, or unmute and announce yourself if on the phone? Note that sponsorship is considered one of OA's keys to success for recovery. If you have questions about sponsorship, please connect with one of the sponsors after the meeting.

Thank you for letting me be the leader today. Who will lead the meeting next week? And who will be the meeting host? Thank you for your service.

Will someone please read **page 164**, starting with "Our book" through the end of the page?

Remember our commitment to anonymity, "Whom you see here, what you hear here, when you leave here, let it stay here." You may now unmute yourself and we will close with the Serenity Prayer.