

Saturday 9:30 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 websites oa.org and centralvaooa.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 \(4th edition, page 58-59\) 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, Richmond OA 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. Please contact Barbara L. at belaws@gmail.com or (352) 807-9192 to receive a book. This offer is limited to members located within the Continental United States.

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 10:25 p.m.) It's time to close the meeting. Our 7th tradition states we are self-supporting through our own contributions. Since we are no longer meeting in person, we encourage you to send money to the Central Virginia Intergroup. The website is centralvaoa.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.