

“Together We Can Recover Group”

(Before the meeting begins, ask for volunteers to read the 12 Steps of OA, the Tradition of the month, and the OA Promises at the end.)

1. Welcome to the “Together We Can Recover” meeting of Overeaters Anonymous. My name is _____. I’m a compulsive overeater and your leader for today’s meeting.
2. Whatever problem you may have with food, you are welcome at this meeting.
3. Will those who wish to please unmute and join me in saying 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.”
4. Please mute yourselves, and please unmute when you wish to share.
5. The Preamble of Overeaters Anonymous: 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 overeating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.
6. Is there anyone here at this meeting for the first time? (If no one is new, skip to no. 7) Would you please tell us your first name so we can welcome you? (Welcome each person by name) Ask if anyone is new to OA. (If anyone is new to OA, read:) You may want to check out our website at OA.org and Centralvaoa.org/for-newcomers for more information. We encourage those of you new to the program 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; read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.
7. The OA Statement on Abstinence and Recovery: 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 living the Overeaters Anonymous Twelve Step program.
8. 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? If you’re on video, please raise your hand, and if you’re on the phone, please unmute and announce yourself.
9. You can type your contact information in the Chat box so that others may reach out to you.
10. Would today’s volunteer please read the 12 Steps? (After reading:) Thank you, _____. Would today’s volunteer please read the Tradition for this month? (After reading:) Thank you, _____.
11. Literature: Only OA-approved literature is used at this meeting.

12. Suggested guidelines for sharing: 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, crosstalk and advice-giving are discouraged here. Crosstalk 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 lead for each meeting has the discretion to suggest to anyone sharing that he or she is off topic or is speaking too long. We ask everyone to respect our group conscience and accept this suggestion so that we may keep the meeting on track.

13. This is a rotating literature meeting. Today we will be reading from (if newcomers we read "Step one" if not Announce book of week, see below). We take turns reading a paragraph or two, and then we take turns with timed shares. If there is time after reading and sharing, we can read today's entry from For Today and share on that till 12:25. Ask for a volunteer to time the 3-minute shares.

First Thursday: The Twelve Steps and Twelve Traditions of • Overeaters Anonymous, 2nd edition (Steps)

Second Thursday: 12 & 12 (Traditions)

Third Thursday: Overeaters Anonymous (the Brown Book), 3rd edition

Fourth Thursday: A.A. Big Book (Stories) • 4th edition

Fifth Thursday: O.A. For Today, Voices of Recovery, Discuss one Tool.

14. At 12:25 take the meeting back, ask for any closing thoughts?

15. Would someone like to volunteer to lead this meeting next week? All you need to do is read. And someone who is trained to Host? More hosts are needed, if interested training is available contact is Susie H. 804-337-3752.

Does anyone have any OA-related announcements for the group today?

16. We have a book donation program now being administered by Barbara L. Her email address is belaws@gmail.com. Information about this program will be posted in the CHAT box during this meeting.

17. Seventh Tradition: According to our Seventh Tradition, we are self-supporting through our own contributions. We encourage OA members to give as much as they are able, to help OA carry the message of recovery. We ask that you please make your donations on our website centralvaoa.org.

18. Would someone please read the Promises from pp. 83-84 of the Big Book?

19. Closing: 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. 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 to newcomers, returning members, and each other. Together we get better. Thank you for asking me to be your leader. After a moment of silence, will those who wish please join me in saying the Third Step Prayer?

God, I offer myself to Thee, to build with me and to do with me as Thou wilt.

Relieve me of the bondage to self, that I may better do Thy will.

Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!