

## Monday 11:30 AM Zoom Meeting Format (revised 7/25)

Welcome to the Monday Overeaters Anonymous Literature meeting, originating in Richmond, VA. 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.

Please mute your microphone now until you wish to speak.

As we welcome all to our meeting, 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, nationality, religion, gender identity, sexual orientation, or any other trait.

Is anyone here for the first, second, or third time? Please unmute your microphone and share your first name so that we can welcome you. You may want to check out the websites at [oa.org](http://oa.org) and [centralvaoa.org](http://centralvaoa.org) for 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 stay after the meeting so we can answer any questions you may have.

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

Who will read the 12 Steps?

Who will read the 12 Traditions?

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.

Abstinence 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 Overeaters Anonymous Twelve Step program on a daily basis.

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 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, or if you're on the phone, please unmute and say your name.

**This is a literature meeting as follows:**

**On the FIRST MONDAY of the month, read this:** On the first Monday of the month, we read from The 12 Steps and 12 Traditions of Overeaters Anonymous, reading the tradition for the month a paragraph or two at a time. Then anyone who wishes to may share before we move on. If there's time, we read and share on today's entry from For Today and Voices of Recovery. Then we return to OA's Brown Book.

**On OTHER Mondays, read this:** Today we will start by reading today's entries from For Today and Voices of Recovery. Then anyone who wishes to may share on each passage before we move on. Then we read from the Overeaters Anonymous book (called the Brown Book), a paragraph or two at a time, and anyone who wishes to may share before we move on. All are invited to share on the passage read whether or not you have the literature.

**Read this every week:**

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.

Anyone may 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 your microphone and announce yourself.

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

This meeting uses a timer to keep shares to approximately 3 minutes, so please wrap up your share at the 3-minute signal. Who is willing to be our time keeper today?

Who would like to get us started by reading [first Monday] from the 12 Steps & 12 Traditions, starting on page , OR [not first Monday] today's entry from For Today?

**At 12:25 PM:** It's time to close the meeting.

Our 7<sup>th</sup> tradition states we are self-supported through our own contributions. Central Virginia Intergroup would appreciate your contribution to support our efforts to carry the message of recovery. Checks payable to CVIG may be mailed to PO Box 70611, Henrico, VA 23255. There is a PayPal link on our website at [centralvaoa.org](http://centralvaoa.org). Whatever you choose to contribute, please give as if your life depends on it.

**Who will lead this meeting next week? And who can be the host?**

**Are there any OA-related announcements?**

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.

**Will someone read the Ninth Step Promises on page 83-84 of the Big Book?**

**We will now close with the Serenity Prayer, followed by "I put my hand in yours."**

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.

I put my hand in yours, and together we can do what we could never do alone.