**Saturday Morning OA**Online

**Opening**

* Welcome to the Saturday morning meeting of Overeaters’ Anonymous. My name is \_\_\_\_\_\_\_\_\_\_ and I will be your leader for today.
* After a moment of silence to focus on our reason for being here today, would those of you who wish please join me in the Serenity Prayer.

***God, grant me Serenity to accept the things I cannot change, Courage to change the things I can, and Wisdom to know the difference.***

* Are there any other compulsive eaters here beside myself?
* Is there anyone here for the first time or visiting from another area? (If so, take time to have each member introduce themselves.)

**Introduction to OA precepts**

The following is the OA Preamble:

***Overeaters’ Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive eating and compulsive food behaviors.***

***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 related behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.***

Will someone please read **Our Invitation to You?**

Will someone please read **the 12 Steps of Overeaters’ Anonymous?**

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

The **Tools of Recovery** are:

1. ***A plan of eating***
2. ***Sponsorship***
3. ***Meetings***
4. ***Telephone, Texting, Teleconferencing and Emails***
5. ***Writing***
6. ***Literature***
7. ***Anonymity***
8. ***Service***
9. ***A plan of action***

**Outreach**

* **Phone and Email (the meeting between meetings)** - If you wish to receive calls or texts from other OA members, please post your phone number in the **Zoom Chat**. If you wish to join our group email list to receive information about OA business meetings or upcoming OA events, please include your e-mail address as well.
* **Sponsorship** is one of our keys to success. Sponsors are OA members committed to abstinence and to living the Steps and 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 they are achieving it.

**Seventh Tradition**

* During this period of restrictions, our group conscience has decided to encourage members to ***send contributions to the World Service Organization at*** [***http://OA.org***](http://OA.org) ***–*** Please include our home group number: **#30245.** In this way, our parent organization can continue to bring the message of recovery to all those who still suffer.

**Reports and Announcements**

* Does anyone have any reports from local, area or national OA organizations?

**Anniversaries and celebrations**

* Does anyone have anything they wish to celebrate or for which they are grateful?

**Readings and Literature:**

* **Week 1:** Read a **story** from any OA literature.
* **Week 2:** Choose any **step** from any OA literature.
* **Week 3:** Choose any **tool** from any OA literature.
* **Week 4 & 5:** Read from **any OA literature**; use an open format (**writing, meditation, skit, etc.).**

**Sharing:**

* Now is the time for sharing**. We share our experience, strength and hope in OA**; feedback,crosstalk and advice-giving are discouraged here**.** We ask those of you who belong to other organizations outside of OA to confine your sharing to your OA recovery.
* **Please focus your sharing** on today’s subject and how it relates to your recovery.
* **Be mindful that this meeting ends at the top of the hour** and we’d like to hear from all who want to share.
* **If you don’t get to share**, feel free to communicate with other members after the meeting or during the week. The meeting is now open for sharing.

**Anonymity**

* **The protection of anonymity** offers each of us freedom of expression and safeguards us from gossip. Anonymity assures us that what is said here stays here. What you have heard here today should be held in respect and confidence.

**Closing**

* **Choose to read from our OA conference-approved literature:**
  + “Willingness” ***OA Twelve and Twelve*, p. 23** (last 3 paragraphs**)**
  + “The Promises” from ***Alcoholics Anonymous*, pp. 83-84** (last paragraph on p. 83 and end with second paragraph on p. 84).
  + “A Vision for You”from ***Alcoholics Anonymous*, p. 64** (last 3 paragraphs).
  + “Acceptance” from ***Alcoholics Anonymous,* p. 417** (middle paragraph (“*And acceptance is the answer to all my problems*…”).
* **This is the OA Responsibility Pledge:**

*Always extend the hand and heart of OA to all who share my compulsion; for this I am responsible.*

* **Thank you for the opportunity to lead today.** After a moment of meditation, will those of you who wish to, please join me in the WE version of the Serenity Prayer…

***God, grant US Serenity to accept the things WE cannot change,***

***Courage to change the things WE can, and***

***Wisdom to know the difference.***