

WELCOME

Welcome to the Friday 11 AM Zoom meeting of Overeaters Anonymous. My name is _____. I am a compulsive eater and your Leader for this meeting. Your Zoom Host is _____.

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.

DIVERSITY POLICY

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.

WE ENCOURAGE YOU 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;
and read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.

PREAMBLE

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.

OUR INVITATION TO YOU / VOLUNTEER READERS

(When there are no newcomers, skip "Our Invitation to You")

Overeaters Anonymous.

Will a **volunteer** please read "Our Invitation to You", page one only?

Will a **volunteer** please read the Twelve Steps of Overeaters Anonymous?

(Leader reads) “But I’m too weak. I’ll never make it.” Don’t worry, we have all thought and said the same thing. The amazing secret to the success of this program is just that: weakness, not strength, that binds us to each other and to a Higher Power and somehow gives us the ability to do what we cannot do alone. If you decide you are one of us, we welcome you with open arms. Whatever circumstances, we offer you the gift of acceptance. You are not alone anymore. Welcome to Overeaters Anonymous. Welcome Home!

Will a **volunteer** please read the Tradition of the month?

THE DEFINITIONS OF “ABSTINENCE” AND “RECOVERY” IN OVEREATERS ANONYMOUS

Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

Recovery: Removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeater’s Anonymous Twelve Step program. (Amended by WSO 2019 & 2021.)

TOOLS

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, and an action plan, anonymity, and service. For more information read the Tools of Recovery pamphlet, available from the OA.org bookstore or our Intergroup literature coordinator.

CONTACT INFO

If you would like, please identify yourself by putting your first name and last initial in the box under your picture. You may also like to put your phone number next to your name so others may call you. The Host can help you if you’re calling in from your phone. Making and receiving phone calls between meetings is encouraged.

CROSS TALK

We refrain from cross talk. Cross talk 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. Everyone is welcome to share at this meeting.

SPIRITUAL TIMEKEEPER

Can we have a spiritual timekeeper to give a gentle reminder at 3 minutes? Please try to keep your share from 2 to 3 minutes so that everyone who wishes to share will have time to do so. If you are the person sharing, please acknowledge that you heard the gentle reminder.

TYPE OF MEETING

This is a Voices of Recovery literature meeting.

Today we are reading from Voices of Recovery _____ (date) on page _____. **By group conscience the leader will select another reading from Voices of Recovery if there is time.**

Would a volunteer please read today's passage and, if you wish, please share.

Could we please have someone reread the passage and we will open it up for sharing.

SEVENTH TRADITION (At 11:50 AM)

According to our Seventh Tradition, we are self-supporting through our own contributions. Our IG sends monthly donations to our Region and World Service Office to help carry the message to other compulsive overeaters. We encourage our Zoom members to give what they are able on a monthly basis, to help our group be self-supporting. The contact information is posited in the chat section and can be found on oaspacecoast.org. (Check payable to OA Space Coast IG.)

SPONSORS

Sponsorship is one of our keeps to success. Sponsors are OA members committed to abstinence and to living the Twelve Steps and Twelve Traditions to the best of their ability. If you are an available sponsor, or are willing to help someone get started in the program, now is the time to identify yourself.

ANNOUNCEMENTS

Do we have a **Host** for next Friday's Meeting?

Do we have a volunteer to **Lead** next Friday's meeting?"

Are there any **announcements** related to this meeting or OA as a whole?

Our **business meeting** is the 4th Friday of each month.

BURNING DESIRES

Are there burning desires to share before we close this meeting?

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 by phone or text to newcomers, returning member and to each other. Together we get better. As OA's responsibility pledge states: Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

Thank you for allowing me to do service today.

SERENITY PRAYER

After a moment of silence, will those who wish please join us 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.

Updated by group conscience 10/10/23//KS

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