

## 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:

“After a moment of silence, will all those who wish, please join me in 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.

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, Leader reads:

“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:

- (When there are no newcomers skip “Our Invitation to You”)
- “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 your 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 OA Tradition of the month?”

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

The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program on a daily basis.” (Amended by WSO 2019 and 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, 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.”

#### INTRODUCTIONS:

Are there any newcomers to OA, people coming back, or visiting from another group, if so, we would like to welcome you? Please identify yourself by first name only & if you would like tell us where you are from. We invite you to join us after the meeting to discuss any questions you may have.”

#### 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.”

Guidelines for this Zoom meeting: “When the meeting is open for sharing, please limit your comments to your experience, strength, and hope in living with the disease of compulsive overeating. Your share is very important to us. Please speak slowly and clearly. If we cannot hear you clearly, we may stop you to let you know. While others are sharing, please keep your device muted so we can maintain good sound quality for all. This allows us to have a quiet meeting.”

“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.”

We encourage those of you who are new to this meeting or who do not often share to do so today. If you have shared in the past week, please wait a bit today to provide a chance to others who haven’t spoken up recently. Everyone is welcome to share.

“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 literature meeting. Today we are reading from Voices of Recovery \_\_\_\_\_ (date) on page \_\_\_\_\_”.

“Would a volunteer please read today’s passage and if you wish share?”

“Could we have someone please re-read the passage and we will open it up for sharing?”

#### SEVENTH TRADITION: (12:50PM)

“According to our Seventh Tradition, we are self-supporting through our own contributions. Our IG sends monthly donations to our Region & 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 posted in the chat section & can be found on [oaspacecoast.org](http://oaspacecoast.org).”  
(Checks payable to OA Space Coast IG)

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. 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 volunteer to Host 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 4<sup>th</sup> 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 members, and 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 asking me to be your leader. 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, courage to  
change the things I can, and wisdom to know the difference.

OA/Format Friday 11 am Zoom Kit S./adapted by Group Conscious 9/11/2020

Updated by group conscious on 8/27/2021 (Lynn M) finalized on 9/1/21

Update from WSO as 8/27/21 Zoom meetings are no longer allowed to screen share OA copyrighted materials

Updated 5/27/22 by group conscience KS