

(Info for the leader do not read). *This group uses the OA "For Today" daily reader: we read the corresponding page for today's date if there's time the leader can select another page to read)*

"Welcome to the Monday 11:00 AM OA Newcomer Meeting"

"My name is _____. I am a Compulsive Overeater and your leader for this meeting. Your Zoom host is _____. Please keep your audio muted until it's your time to share This will keep down distractions and background noises."

"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,
the courage to change things I can,
and the wisdom to know the difference."

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 it daily to your sponsor.

Read OA & AA approved literature to develop a working knowledge of the Twelve Steps & Twelve Traditions.

Will a volunteer please read The OA Preamble?

Will a volunteer please read our "Our Invitation to You"?

Will a volunteer please read the OA 12 Steps?

(The leader will read)

"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. It is 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!

There are 12 Traditions in OA, will a volunteer please read The OA Tradition of the Month?

"Are there any newcomers to OA, people coming back, or visiting from another group? If so please identify yourself by first name only & if you like let us know where you are from, so we may welcome you. Please unmute yourself if calling in by phone please hit *6 to unmute and to mute. We invite anyone who has questions to stay on after the meeting so we may help you."

Leader qualifies for 3-5 minutes.

"The definition 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. 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.*)

“The 9 Tools of OA are: plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity & service. The telephone is one of the tools so we encourage all new comers and returning members to write down phone numbers today so you may reach out for help during the week, remember together we get better.”

“Guidelines for this Zoom Meeting

Please limit your comments to your experience, strength, and hope in living with the disease of compulsive Overeating. We refrain from cross talk. Cross talk during an OA meeting is giving advice to others who’ve already shared, speaking directly to another person rather than to the group, and questioning or interrupting the person speaking or sharing at the time. By group conscience, we have decided not to mention specific foods by name.”

“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.”

“Volunteer to please read: Today’s date in the “For Today” daily reader and, if you wish please share.

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

(Please note are no longer allowed to screen share OA copyrighted materials as of 8/27/21 from WSO)

(At 11:50AM)

“SEVENTH TRADITION: “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 support this platform & give what they are able on a monthly basis. This helps our group be self-supporting. The contact information is posted in the chat section & can be found on oaspacecoast.org.”

“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 available to sponsor or have time to get someone started in the program now is the time to identify yourself.

To demonstrate that the OA program works is anyone celebrating any milestone of abstinence or recovery in OA? If so please let us know so we can congratulate you & if you wish please share briefly how OA has changed your life?

ANNOUNCEMENTS:

Our recovery is strengthened in service, the only requirement to host or lead this meeting is the desire to do so. All our meeting formats can be found at oaspacecoast.org under the resource tab, we can also give you a mini training on how to host a zoom meeting as well.

Do we have a volunteer to host next week's meeting?

Do we have a volunteer to lead next week's meeting?

Are there any announcements for the good of OA?”

Our business meeting will be the 3rd Monday of the month

(If we have time)

“Would a volunteer please read the Promises taken from the end of the 9th step in the “Big Book” on page 83-84.”

Closing:

“Thank you for allowing me to be your leader for this meeting. The opinions expressed here are that of the individual OA member and not OA as a whole. Please remember our cherished tradition of **ANONYMITY: Whom you see here, what you hear here, when you leave here, let it stay here.**”

We welcome any newcomers or returning members to stay on the line and we will be happy to answer any questions.

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,
the courage to change things I can,
and the wisdom to know the difference.”

Lynn M./format approved by group conscience 9/21/2020, revised & updated on 10/16/20 KS
Revised by group conscience on 9/1/2021

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