

(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 Zoom meeting. 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.”

“Are there are any newcomers to OA, people coming back, or visiting from another group? If so please identify yourself by first name only 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.

“ 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” (both pages, including the 12 steps).

Will a volunteer please read the OA Traditions.

“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.

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.”

“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 please feel free to take down numbers 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.”

“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.” (If time permits you may choose another reading)

(At 11:50AM)

“SEVENTH TRADITION: “According to our Seventh Tradition, we are self-supporting through our own contributions. These donations 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 & 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. Please unmute now & give us your first name, (phone numbers are also located on the screen).”

“Do we have anyone celebrating 30, 60, 90 days or an anniversary year of consecutive abstinence? Please let us know so we may congratulate you & if you wish please share how OA has changed your life.”

ANNOUNCEMENTS:

“ Do we have a volunteer to lead next week’s meeting? And someone to host?”

Are there any announcements for the good of OA?”

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

“Thank you for allowing me to be your leader for this meeting. The opinions expressed here are that of the 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.”

Lynn M./format approved by group conscience 9/21/2020, revised 10/16/20 KS