

## Saturday 9:30 am Big Book Zoom Meeting Format

1. **WELCOME:** Welcome to the Saturday Big Book zoom meeting of Overeaters Anonymous. My name is \_\_\_\_\_. I am a compulsive eater and your leader for this meeting. Your host is \_\_\_\_\_. Please mute yourself and remain muted unless you are called on to share.
2. **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.**
3. Are there any other compulsive overeaters here beside myself? Are there any newcomers or visiting members here today? Please unmute and identify yourself so we can welcome you!
4. **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.
5. **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.
6. **Our Invitation to You:** Could I have a volunteer to read "Our Invitation to You?"
7. **12 STEPS:** Could I have a volunteer to read the 12 Steps of Overeaters Anonymous?
8. **12 TRADITIONS:** Would someone please read the 12 Traditions of Overeaters Anonymous?
9. **THE DEFINITIONS OF "ABSTINENCE" AND "RECOVERY" IN OVEREATERS ANONYMOUS:**
  1. **Abstinence:** The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.
  2. **Recovery:** Removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.
10. **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. Would anyone like to share on a tool they used this week?
11. **TIMEKEEPER:** Could we have a volunteer to be Timekeeper and give a "gentle reminder" at 3 minutes so that everyone who wishes to share will have time to do so?

## 12. TYPE OF MEETING—

**Weeks 1, 2, and 3:** This is a **Big Book Meeting**. We will begin reading and sharing from where we left off last time. 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 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. Your share is very important to us, especially if you are new to the meeting, or do not often share. The meeting is now open for sharing. Could I have a volunteer to start reading on page \_\_\_\_?

**Go to #13 Seventh Tradition**

# OR

**Week 4 (or 5):** This is a **Speaker Meeting**. Our speaker will share (his or her) story for 20 minutes, with a 5-minute warning after 15 minutes from our Timekeeper. At the end the Speaker will provide us with a topic on which to share. Because we have a Speaker today, the meeting will last an extra 15 minutes until 10:45, so that there is plenty of time for sharing. Our speaker is \_\_\_\_\_. (Make introduction and have the speaker begin).

### **After the speaker is finished: SHARING GUIDELINES**

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 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. Your share is very important to us, especially if you are new to the meeting, or do not often share. We will extend the meeting fifteen minutes to allow everyone to share. The meeting is now open for sharing.

### **At 10 minutes to the close of the meeting:**

13. **SEVENTH TRADITION:** According to our Seventh Tradition, we are self-supporting through our own contributions. Our Seventh Tradition reminds us of the importance of supporting our Fellowship as a whole. Our World Service Office needs our support to help carry the message to other compulsive overeaters. Please send your contributions to the Space Coast Intergroup at the address listed in the chat.
14. **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, please unmute and identify yourself.
15. **Service:** We need a Host and a Leader for next week's meeting. We will provide you with a meeting format or training on hosting if you need it. Are there any volunteers?
16. **REPORTS and Announcements:** Are there any reports or announcements for the good of the group?
17. **REOPEN MEETING:** Are there any burning desires?

**18. 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. There are many different types of meetings, all of which are available to support your recovery from compulsive eating. We welcome you to this meeting whenever you would care to attend. Please stay after the meeting if you have any questions, especially if you are a newcomer.

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, text, or email 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 \_\_\_\_\_ [Select one of the following closings: Serenity Prayer, Seventh Step Prayer, Third Step Prayer, or the OA Promise "I put my hand in yours..."]

**Keep coming back! It works if you work it so work it cause you're worth it!**

August, 2020  
Kathy M

By Group Conscious August 2020

OA/Zoom/Saturday 930 A/ Zoom Format, uploaded October 2020

# Our Invitation to You

We of Overeaters Anonymous have made a discovery. At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health and self-confidence, which some of us had once possessed, were no defense against it.

We have learned that the reasons for the illness are unimportant. What deserves the attention of the still-suffering compulsive overeater is this: there is a proven, workable method by which we can arrest our illness.

The OA recovery program is patterned after that of Alcoholics Anonymous. As our personal stories attest, the Twelve-Step program of recovery works as well for compulsive overeaters as it does for alcoholics.

Can we guarantee you this recovery? The answer is up to you. If you will honestly face the truth about yourself and the illness; if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life, and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover.

To remedy the emotional, physical and spiritual illness of compulsive eating we offer several suggestions, but keep in mind that the basis of the program is spiritual, as evidenced by the Twelve Steps.

We are not a “diet” club. We do not endorse any particular plan of eating. In OA, abstinence is the act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Once we become abstinent, the preoccupation with food diminishes and in many cases leaves us entirely. We then find that, to deal with our inner turmoil, we have to have a new way of thinking, of acting on life rather than reacting to it — in essence, a new way of living.

From this vantage point, we begin the Twelve Step program of recovery, moving beyond the food and the emotional havoc to a fuller living experience. As a result of practicing the Steps, the symptom of compulsive eating and compulsive food behaviors are removed on a daily basis, achieved through the process of surrendering to something greater than ourselves; the more total our surrender, the more fully realized our freedom from food obsession.

“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!

Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

Adapted from Source: <https://oa.org/group-resources-list/our-invitation-to-you-2/>

Our Invitation to You without 12 Steps/KS/August 2020