

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? Welcome.

- 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.** Are there any newcomers or visiting members here today? Please unmute and identify yourself so we can welcome you!

- 10. THE DEFINITION OF ABSTINENCE AND RECOVERY IN OVEREATERS ANONYMOUS:** Abstinence is 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.

- 11. 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?

12. 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?

13. 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 #14 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:

14. 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.

15. 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.

16. 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?

17. REPORTS AND ANNOUNCEMENTS: Are there any reports or announcements for the good of the group?

18. REOPEN MEETING: Are there any burning desires?

19. 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!

September, 2021

Kathy M