

SUNDAY 4 PM ZOOM FORMAT: (Info for the leader: Materials used can be any OA approved literature (books or pamphlets). You may choose a topic or a selected reading for this meeting.)

### **Welcome to the Sunday 4 o'clock OA Topic & 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.

**"After a moment of silence**, will all those who wish, please join me in the serenity prayer. If everyone could remain muted during the prayer it will be less distracting for all."

"God, grant me the serenity to accept the things I cannot change,  
courage to change things I can,  
and the wisdom to know the difference."

### **Our Unity with Diversity States:**

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 to 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 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 Invitation to You? (page 1 only)**

### **Will a volunteer please read the OA 12 Steps?**

**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. 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!"

### **Will a volunteer please read The OA Tradition of the month?**

**"Are there are any newcomers to OA**, people coming back, or visiting from another group? If so please identify yourself by first name only & if you like tells us where you are from, so we may welcome you. 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 is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. “Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.” *(Amended by WSO 2019 and 2021.)*

**TOOLS:** “The OA Tools of recovery help us to 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.

**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. Everyone is welcome to share at this meeting. **“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.”

**We will now read & share on the selected topic** from any OA conference approved material. [\(As of 8/27/21 we are no longer allowed to screen share any OA copyright materials \(WSO\)\)](#)

**(At 4:50) “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 help 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](http://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

**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?

**Do we have a volunteer to Host next week’s meeting?**

**We also need a volunteer to lead next week?**

**Are there any announcements** for the good of OA? **Business meeting** the 4<sup>th</sup> Sunday

**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 OA 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 commit to honor each other’s anonymity. Whom you see hear here, what you hear here, when you leave here, let it stay here. Let us reach out by phone to newcomers, returning members and to each other. Because 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.”

**Reminder 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 the things I can  
and the wisdom to know the difference.”

Kit S//OA Zoom Sunday format by group consensus 10/4/2020

Lynn M Revised by group conscience on 8/15/2021 Finalized on 9/1/21

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