

SUNDAY 4 PM ZOOM FORMAT

The materials used during this meeting are any of the following: Stories from any OA Life-Line magazine or OA approved books, or pick a Topic from one of the OA daily readers “Voices of Recovery” or “For Today” or use any of the Newcomer pamphlets like “Tools of Recovery” or “To the Newcomer” etc. Read and share on what has been read.)

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

“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,
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. We invite anyone who has questions to stay on after the meeting so we may help you.”

Our diversity policy states: “As we extend the heart and the 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 a solution to our common problem. Whatever problem you may have with food, you are welcome to this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait.”

(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 Preamble

Will a volunteer please read Our Invitation to You (page 1 only)

Will a volunteer please read the OA 12 Steps

“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

“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.”

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. We also ask that you try to keep your share from 2-3 minutes depending on how many members are attending today. *(Leaders choice: If there are 12 or more in the meeting, we may want to ask for a time keeper or remind everyone to keep their shares brief 2-3 minutes)*

Today's reading is: _____ . *(Leader's choice of a Topic from one of our OA daily readers, pamphlet or other authorized OA literature.)*

We will now read & share on what was read.

(At 4:50) "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 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."

Do we have a volunteer to Lead and Host next week's meeting?

ANNOUNCEMENTS: Are there any announcements for the good of OA?

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 phone 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.”