

## TUESDAY 10 A.M. OVEREATERS ANONYMOUS IN-DEPTH BIG BOOK STUDY

1. (At 10 AM ET) **Welcome.** My name is \_\_\_\_\_. I am a compulsive eater. This is an hour-long meeting with the option to continue for an additional 15 minutes beyond the hour, depending on attendance. Please feel free to exit according to your own schedule.
2. 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.*
3. Ask for **volunteers** to read: **THE OA PREAMBLE, THE TWELVE STEPS, and The Tradition of the Month.** *(It may take a moment for a volunteer to come forward. Please give it 20 sec or so and if no one volunteers, read it yourself.)*
4. **Overeaters Anonymous defines “Abstinence” and “Recovery”.** 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.
5. Our **Speaker** will now begin the study portion of our meeting. *(Speaker will turn meeting back to Leader or open Sharing.)*
6. **Sharing** in this meeting is voluntary. All participants should remain muted while others are sharing. Refer only to OA or AA approved literature. Limit your comments to your own experience. There should be no cross talk during the meeting. Feedback and questions will be discussed after the meeting closes. *(Ask for timekeeper to set a timer for 3 minutes.)*
7. **Sponsors** are OA members committed to abstinence, spiritual fitness, and the living the Steps and Traditions to the best of their ability. If you are an available sponsor, looking for a sponsor, or simply interested in receiving support phone calls, please feel free to share your information in the chat.
8. *(At the end of the meeting)* If you are interested in making a donation to our **7<sup>th</sup> Tradition**, contact information can be found in the chat or on our website, [oaspacecoast.org](http://oaspacecoast.org).
9. Is there anyone that would like to volunteer to **HOST** or to **LEAD** next week’s meeting?
10. Are there any **announcements** related to this meeting?
11. *(Optional: The Leader may read the 9<sup>th</sup> Step Promises (pp 83-84 BB and/or the 10<sup>th</sup> Step Promises (pp 84-85 BB) before closing the meeting.)*
12. **Closing:** The opinions expressed here today are those of individual OA members and do not represent OA as a whole. Remember our commitment to honor one another’s anonymity. Please join me in closing this meeting with a moment of silence for the still sick and suffering compulsive eater, both inside and outside this meeting, followed by 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.*

## ADDITIONAL INFORMATION

This meeting was founded 12/6/2016 as a Face-to-Face meeting and adapted for Zoom on 9/22/2020.

**By group conscious, it has been decided that in this meeting:**

~~The **first week** of the month, a story from the back of the Big Book is read by a volunteer (Reader) and then sharing is opened. The meeting Leader will invite the Reader to read the story as there is no Speaker that week (see #5 in the Format). The **other meetings of the month** will be with the Speaker and discussions, per the format. Removed by group conscious 11/14/23~~

The **Host** is the volunteer Zoom host who opens, closes and keeps the meeting space secure. Training by OA Space Coast Zoom Hosts is required. No abstinence requirement.

The **Leader** is the volunteer who reads the latest format. No abstinence requirement.

The **Speaker** is the member who reads and discusses the Big Book of Alcoholic Anonymous (from page ix through page 164 in order). Three months abstinence plus knowledge of and experience in studying the Big Book is required.

The **Reader** is a volunteer who reads a designated story the first meeting of the month. A recording can be played. No abstinence requirement.

The Host will post **Zoom Etiquette** and **7<sup>th</sup> Tradition information** in the chat, per OA Space Coast Zoom Host Guidelines.

**Suggested phrasing for Speakers** (Rita E., 5/10/22)

“When reading aloud from the AA Big Book in this OA meeting, we read exactly as written, out of respect for copyright laws. However when sharing, we use language that reflects our experience, strength and hope as compulsive overeaters in OA.

“For those who may not have been with us every week, we are in Chapter \_\_\_\_\_ which is titled \_\_\_\_\_. We are getting ready to learn the principles, practices and promises of Step \_\_\_\_\_.”

There is no regular schedule for **business meetings**. They will be held as needed by group conscience.

**Updated meeting information** must be edited on oa.org. Updated meeting information and any updated meeting format must be sent to the Webmaster of oaspacecoast.org for uploading.

**The format** should mention the date it was updated by group conscience and the first name or initials of the person who typed it out. The formats on the oaspacecoast.org website are posted in pdf files and cannot be edited from the website. They can be downloaded and printed.