

# Suggested Meditation, Reading & Writing OA Zoom Format

## Thursday 10:00-11:15

Founded: June 2020

- Welcome to the Thursday morning Zoom Meditation, Reading & Writing Meeting of Overeaters Anonymous. My name is \_\_\_\_\_. I'm a compulsive eater and your leader for this meeting. Out Zoom host is \_\_\_\_\_.
- Will 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.**
- 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 have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait.
- Are there any compulsive eaters here besides myself?
- Are there any newcomers to OA, returning members, or visitors to this meeting? Please feel free to write down any of our phone numbers that appear on the screen or ask us for them at the end of the meeting if you are dialing in by phone. We are available to speak with you after the meeting if you would like to stay.
- 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.
- **The definitions 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 the result of living the Overeaters Anonymous Twelve Step program on a daily basis.
- May I have a volunteer to read the **Twelve Steps** of Overeaters Anonymous?
- May I have a volunteer to read the OA **Tradition** of the month?
- May I have a volunteer to be the **Spiritual Timekeeper** for our 3-minute meditation, 15-minute journaling time, and each 3-minute share?
- This meeting has a **Meditation, Reading & Writing Format**.

**Meditation** prepares us to hear what HP has for us today.

**Reading** OA-approved literature daily reinforces how to live the Twelve Steps and Twelve Traditions of OA.

The “Tools of Recovery” pamphlet tells us that **Writing** or, “putting our thoughts and feelings down on paper...helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them.” (p. 4)

- **Set Aside Prayer:** Dear God, please set aside everything I think I know about myself, this book, my disease, these steps, and especially about you, dear God, so that I might have an open mind and a new experience with all these things. Please help me see the truth.  
*(AA approved literature: The Set Aside Prayer comes from various excerpts of the Big Book between pp. 42-58)*
- **Meditation:** We will now have a 3-minute period of meditation to bring ourselves fully into this room and invite our Higher Power to guide us in our work. Please remember that there is NO right or wrong way to meditate. You may choose to sit quietly and think, pray, or write during our group meditation...it is completely up to you.  
*(Start timer for 3 minutes.)*
- **Reading:** Today our selected reading comes from \_\_\_\_\_ on page \_\_\_\_\_. The reading will be read twice. Afterwards I will read the question on which we will be writing. May I have a volunteer to read our selection the first/second time? And now the question is \_\_\_\_\_. *(Please note we are no longer allowed to screenshare copyrighted materials as of 8/27/21 by WSO.)*
- **Writing:** We will now begin our silent writing/journaling time. Just as there is NO right or wrong way to meditate, there is no correct or incorrect way to journal. You may journal about the prompt question, another aspect of the reading, or anything that is on your heart or mind related to your experience, strength and hope in living with the disease of compulsive eating. You may even choose to quietly pray during this time instead of journaling. No one is required to share what they have written with the group. Write as if you are writing to HP only and then afterwards decide if you would like to share it with us as well.  
*(Start time for 15 minutes with a 2-minute warning. If there is a large group adjust the time down accordingly.)*
- **Sharing:** We will now have 3-minute shares. *(Less time if there is a large group, or split into breakout rooms if the host knows how to do this.)* Feedback, crosstalk, and advice giving are discouraged here. Cross talk in 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. We ask everyone to respect this group conscience. This meeting has decided that the chair for each meeting has the discretion to suggest to anyone sharing that he or she is off topic or speaking too long. The meeting asks that you accept this suggestion in order to keep the meeting on track. The meeting is now open for sharing on what you read and wrote. I will take the names of 3 people that would like to share first. After they have shared, I will take another 3 names until everyone has had a chance to speak that desires to do so. *(Time of shares is 3 minutes with an optional 1-minute warning.)*

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5 MINUTES BEFORE THE MEETING ENDS (AT 11:10) START TO CLOSE THE MEETING WITH THE 7<sup>TH</sup> TRADITION.

- **Seventh Tradition:** According to our 7<sup>th</sup> Tradition, we are self-supporting through our own contributions. We encourage our OA Zoom members to make a monthly donation to help support this platform. We also send monthly donations to Region 8 and the OA World Service Office. Which in turn, carries the message of hope, help and recovery to other compulsive overeaters. Our Zoom host will post the address for our OA IG in the chat section. PLEASE make your check payable to **OA Spacecoast IG**. Remember what a binge used to cost!
- **Sponsors:** Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the 12 Steps and 12 Traditions to the best of their ability. If you are an available sponsor, now is the time to identify yourself.

**Service Positions and OA-related announcements:**

- Are there any available sponsors here today? Would you please unmute and identify yourself?
- Who would like to volunteer to be our leader for next week?
- Who would like to be our Zoom host for next week?
- Our business meeting will be on the 2<sup>nd</sup> Thursday of each month directly after this meeting. This month it will be on \_\_\_\_\_ (date).
- Are there any OA announcements?
- **Closing:** In conclusion, we would like to stress the importance of anonymity to this group. The Steps are essential to our recovery; our freedom to share deeply at these meetings is important to working the Steps. 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. There are face-to-face meetings and virtual (phone and technology-based) meetings that you may find helpful. Information about these meetings can be found on oa.org.

As a reminder, the opinions expressed here today are those of the individual OA members and do not represent OA as a whole. If you would like, as you leave here, make a note of what you would like to add to your action plan for the coming week based on what you read and wrote.

After a moment of silence, will all those of you who wish please join us in the \_\_\_\_\_.  
 (Select one of the following suggested closings: **Serenity Prayer, Third Step Prayer, Seventh Step Prayer, The OA Promise “I Put My Hand in Yours...,” or The OA Responsibility Pledge: Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”**)