

TUESDAY MORNING OVEREATERS ANONYMOUS IN DEPTH B.B. STEP STUDY

Founded 6 December 2016; updated for Zoom 22 September 2020 – Lilly H

1. **“Welcome** to this Tuesday morning 10:00 a.m. meeting of Overeaters Anonymous. This is an in depth Step study using the Big Book of Alcoholics Anonymous.
My name is _____. I am a [compulsive eater] and your moderator for this meeting.”
[Our Zoom host is _____. And our study leader is _____.]
2. **Introductions:** “If you are new to this meeting, returning, or new to OA, we would like to welcome you. **Our zoom host will post information on zoom etiquette in the chat.** We invite you to join us after the meeting to discuss any questions you may have.”
3. “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.’”*
4. Ask for a volunteer to read: **THE OA PREAMBLE**
5. Ask for a volunteer to read: **THE TWELVE STEPS OF OA**
6. Ask for a volunteer to read: **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.}
7. **These are the Definitions 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 the result of living the Overeaters Anonymous Twelve Step Program.*
8. **Guidelines for leading:** “This meeting is devoted to understanding OA’s 12 Steps and 12 Traditions through study of the Big Book of Alcoholics Anonymous. *The meeting focuses on reading and studying the first 164 pages of the Big Book of Alcoholics Anonymous. Additionally, at the first meeting of every month we read and study one of the stories from the back of the book.*
“We recommend **90 days of sustained abstinence** for our study leaders. This is an in-depth look at the ‘Big Book’ that requires preparation from a leader. They must have some experience and understanding of how to work the 12 Steps of OA through the Big Book.”
9. “Our study leader, _____, will now begin the **reading.**
[When the study leader is finished they will pass the meeting back to the moderator for sharing.]
10. **“Thank you to [study leader]. We will now have a time of sharing...**
Guidelines for sharing: “Sharing in this meeting is voluntary; if you do not wish to share, you do not have to share. Your share is very important to us. So, if we cannot hear you clearly, we may stop you to let you know. *We ask that all participants remain muted while others are sharing.*”

“**Please** refer only to OA or AA approved literature. Limit your comments to your experience, strength, and hope in living with the disease of compulsive eating. We also ask that you 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 (this includes comments directed to the study leader), and questioning or interrupting the person speaking or sharing at the time. We also ask that you refrain from using the ‘chat’ for cross talk during a meeting unless you are the meeting host. Feedback and questions can be discussed after the meeting closes.”

11. [at 10:50] **7th Tradition:** “According to our Seventh Tradition, we are self-supporting through our own contributions. Our donations help carry the message to other compulsive overeaters. We encourage our members to give what they are able on a monthly basis, to help our group be self-supporting. The contact information for donation will be posted by our host in the chat section. It is also found on our website, oaspacecoast.org.”
12. **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, now is the time to identify yourself.”
13. “In order to **demonstrate the program works** would all those who have 90 days or more of continuous abstinence please raise your hand.”
14. **Announcements:** “Are there any announcements related to this meeting? All other announcements will be held until after the meeting closes.”
*****Is there anyone that would like to volunteer to host or to moderate next week’s meeting?*****
15. Ask for a volunteer to read: **THE 9th STEP PROMISES** (pp 83-84 BB)
[If there is time; ask for a volunteer to read: **THE 10th STEP PROMISES** (pp 84-85 BB)]
16. **Closing:** “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, and 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.
Thank you for allowing me to be your moderator for this meeting. And thank you to our host, our study leader, and our volunteers for their service. 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; (Stick around for more announcements following the 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.”**