

*(Guidance for the leader: Week 1,2,3 - OA 12 & 12 read the Step of the Month Week 4 OA 12 & 12 read the Tradition of the Month. Business Meeting follows 3<sup>rd</sup> Wednesday of the month.)*

### **1. Welcome to the Wednesday 1:00 o'clock OA 12 & 12 Step & Tradition Meeting**

My name is \_\_\_\_\_ I am a Compulsive Overeater and your leader for this Zoom 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.

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

**2. 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.

### **3. 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.

### **4. Will a volunteer please read the OA Preamble?**

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

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

**5. Are there any newcomers to OA,** people coming back, or visiting from another group? If so please identify yourself by first name only and if you would like let us know 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

### **6. 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. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program on a daily basis.

(Amended 2019/2021 by WSO)

**7. 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, and an action plan, anonymity, and service for more information read the tools of recovery pamphlet.

### **8. 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."

**9. We will now read and share, this group has decided to read two or three paragraphs & open it up for sharing.**

**Weeks 1, 2, & 3** OA 12 & 12 Step of the Month (If we finish the step before week 3 we will start the tradition of the month)

**Week 4** OA 12 & 12 Tradition of the Month

**10. (At 1:50) According to our seventh 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 and they in turn carry the message of hope & recovery to other compulsive overeaters. Remember what a binge used to cost. The address will be posted in the chat section or visit [oaspacecoast.org](http://oaspacecoast.org) (make checks payable to OA Space Coast IG)

**11. 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.

**12. ANNOUNCEMENTS: Do we have volunteer to host next week's meeting?**

**And a volunteer to lead next week's meeting?**

**Are there any announcements** for the good of OA?

**Our business meeting** will be the 3<sup>rd</sup> Wednesday of the month

**13. 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.

**14. 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, 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.

**We welcome any newcomers or returning members to stay on the line and we will be happy to answer any questions.**

**15. 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,  
courage to change the things I can, and the wisdom to know the difference.

KS/OA/ WEDNESDAY 1 PM ZOOM FORMAT/approved October 14, 2020 by group conscience, the Wednesday Zoom meeting closed shortly after it went back to being face to face meeting in Palm Bay

This meeting was re-opened by its members who wanted a 12 step OA study meeting on August 11, 2021

Lynn M/format updated on August 14, 2021 by group conscience, finalized on 9/1/21

(Zoom meetings are no longer allowed to screen share OA copyrighted materials as of 8/27/21 by WSO)