

(Guidance for the leader: Week 1- OA 12 & 12 read the Step of the month, Week 2 & 3 use "For Today" or "Voices of Recovery" pick a topic to be shared, Week 4 OA 12 & 12 read the Tradition of the Month. Business Meeting follows Week 3 meeting.)

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. 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. 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.

3. 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.

4. 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.

5. Will a volunteer please read the OA Preamble

Will a volunteer please read the OA 12 Steps

Will a volunteer please read the OA 12 Traditions

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.

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.

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. 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.)

9. We will now read from the book of the week & share on what was read.

Week 1 OA 12 & 12 Step of the Month

Week 2 & 3 “For Today” or “Voices of Recovery” (*Suggested topic from Step, Tradition or Principle of the month*)

Week 4 OA 12 & 12 Tradition of the Month

Week 5 Leader’s Choice (any topic, any OA approved literature)

(Business meeting following Week 3 meeting.)

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 and we also send monthly donations to Region 8 and the OA World Service Office and they in turn carry the message of hope and help & recovery to other compulsive overeaters. Remember what a binge use to cost.

(We will post the address for our OA IG treasurer in the chat section. PLEASE make your check 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. Please unmute now & give us your first name, *(phone numbers are located on the screen)*.

12. ANNOUNCEMENTS: Do we have volunteers to lead and host next week’s meeting?

A business meeting will follow the Week 3 meeting each month.

Are there any announcements for the good of OA?

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 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.

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.