**Friday Morning Meeting**

**Zoom Step Format – Last Week of the Month**

1. Hello everyone, and welcome to the Friday morning meeting of Overeaters Anonymous. My name is , I am a recovering compulsive overeater and your leader for this morning.
2. Here are a few procedural details for participating in zoom meetings:
   1. Find your name at the top of the participants list and click more to rename yourself using only your first name. If you are using a phone to call in, the host will call on you based on the last 3 digits of your phone number.
   2. During this meeting, you will not be able to unmute yourself. When called upon by the leader, a co-host will unmute you. A box may come up on your screen with the options to stay muted or unmute yourself. Click unmute yourself.
   3. Please do not engage in eating, texting, or hold side conversations on this visual platform. Use the stop video function or walk away from your device.
   4. When it is time to read or share, use the raise hand function on your device. If you are using a phone to call in, to raise your hand press \*9.
3. To open our meeting, all those who wish to, please join me in the serenity prayer. Everyone is now being unmuted.
4. Just so that I won’t feel alone, are there any other people with eating disorders here beside myself?
5. As the leader for today, on behalf of the group, I would like to welcome anyone who is here for the first, second, or third time. If you would like more information or phone numbers, please stay on at the end of the meeting to speak with the newcomer greeter.
6. We will be using the chat feature solely as the we care list. Please no crosstalk, phone numbers only. If you are using a phone to call in, stay on at the end of the meeting to request numbers and give your phone number when you share if you would like.
7. Will someone please read “Welcome Home”?
8. We will now read Step in the OA 12 & 12 book.

(Step of the month)

1. Seventh Tradition – If you would like to make a contribution to Nassau Intergroup, they will be distributing funds to Region 6 and World Service. Go to nassauoa.org for more information.
2. Will all sponsors who wish to, now virtually raise your hand and qualify when called on and unmuted. Please limit your response to one minute.
3. Are there any announcements?
4. At this time, we will open up the meeting for discussion. The procedure is to use the participant list in the order of virtually raised hands. Please try to share your strength, hope, and recovery experience with us.
5. Will someone please read the Sharing Creed?
6. Each person will have minutes to speak. Please stick to the timer so that everyone will have a chance to share. Just as a reminder, a co-host will unmute you when you are called upon by the leader. If anyone needs to leave early, virtually raise your hand now.
7. Did everyone who wishes to have a chance to share?
8. I would like to say that the opinions expressed here were strictly those of the people who gave them. Take what you like and leave the rest. The things you have heard here were spoken in confidence and should be treated as confidential. Keep them in the confines of your minds and hearts. All OA gatherings are for the sole purpose of sharing our own feelings and experiences. Talk to each other. Reason things out with someone but let there be no gossip or criticism of one another. Instead, let the understanding, love, and peace of the program grow in you one day at a time. Thank you for allowing me to be your leader this morning. I would like to remind you that who you see here, what you hear here, when you leave here, let it stay here.
9. There is a business meeting on the last Friday of the month. We will begin the business meeting after the serenity prayer.
10. It is now time to close the meeting. Newcomers please stay on to speak with the newcomer greeter, *.* After a moment’s meditation, please join me in saying the serenity prayer. Everyone is now being unmuted.