Welcome to the (day and time) meeting of Overeaters Anonymous. My name is\_\_\_\_\_\_\_\_\_\_\_\_\_. I am a compulsive overeater and your leader for this meeting.

To ensure that we have an orderly meeting with maximum utilization of our time, we have a few guidelines for you to follow.

* Rename yourself so that only your first name and last initial identifies you or the last four numbers of your number.
* We do want to see you, but if you choose not to be seen please stop your video.
* Please keep your phone or computer MUTED by clicking on the microphone image or by pressing \*6 if you are calling in by phone.
* Lastly, remember although you are home, you are at a meeting so do not eat on camera or speak on the phone for the duration of this meeting.

Will 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.*

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 may have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait.

To volunteer to speak, press the raise hand symbol to be put in the queue to speak. When called on, un-mute to share (If you can’t access the “raise hand symbol”, please type \* in the chat box to share.) If you are on the phone, press \*9 to be put in the queue to speak. When you are finished, re-mute (or press \*6) and lower your raise hand symbol (or press \*9).

Are there any compulsive eaters here besides myself?

Is there anyone here for the first, second or third time? Would you please tell us your first name so we can welcome you?

If you are returning to OA or are visiting from another area, please tell us your first name so we can also welcome you.

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 daily to your sponsor; and
* read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.

Would someone please read 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.”

Would someone please read the Twelve Steps?

Here are the Steps as adapted for Overeaters Anonymous:

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

1. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Would someone please read the Twelve Traditions?

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Him- self in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

1. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.
2. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Would someone please read the Concept of the month?

### The Twelve Concepts of OA Service

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship. (Unity)
2. The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority, and effective conscience of OA as a whole. (Conscience)
3. The right of decision, based on trust, makes effective leadership possible. (Trust)
4. The right of participation ensures equality of opportunity for all in the decision-making process. (Equality)
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered. (Consideration)
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous. (Responsibility)
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B. (Balance)
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office. (Delegation)
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels. (Ability)
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided. (Clarity)
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs, and consultants. (Humility)
12. The spiritual foundation for OA service ensures that:  
    (a) No OA committee or service body shall ever become the seat of perilous wealth or power; (Selflessness)  
    (b) Sufficient operating funds, plus an ample reserve, shall be OA’s prudent financial principle; (Realism)  
    (c) No OA member shall ever be placed in a position of unqualified authority; (Representation)  
    (d) All important decisions shall be reached by discussion, by vote, and, whenever possible, by substantial unanimity; (Dialogue)  
    (e) No service action shall ever be personally punitive or an incitement to public controversy; and (Compassion)  
    (f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action. (Respect)

Would someone please read the abridged version of Welcome Home?

Have you ever wished you could lose ten pounds (5 kg)? Twenty (9 kg)? Forty (18kg)? A hundred (45kg) or more? Have you ever wished that once you got it off you could keep it off? Welcome to OA; welcome home!

Have you sometimes felt out of step with the world, like a homeless orphan without a place where you really belonged? Welcome to OA; welcome home!

Have you ever wished your family would get to work or school so you could get busy eating? Welcome to OA; welcome home!

Have you ever awakened first thing in the morning and felt happy because you remembered that your favorite goodie was waiting for you in the fridge or in the cupboard? Welcome to OA; welcome home!

Have you ever looked up at the stars and wondered what an insignificant person like you is doing in the world anyway? Welcome to OA; welcome home!

Have you ever cooked, bought, or baked for your family and then eaten everything yourself so you wouldn’t have to share? We know you in OA because we are you. Welcome to OA; welcome home!

Have you ever wanted to hide in the house, without going to work, without getting cleaned up or even getting dressed, without seeing anyone or letting anyone see you? Welcome to OA; welcome home!

Have you ever hidden food under the bed, under the pillow, in the drawer, in the bathroom, in the wastebasket, the cupboard, the clothes hamper, the closet, or the car so that you could eat without anyone seeing you? Welcome to OA; welcome home!

Have you ever been angry, resentful, defiant—toward God, your mate, your doctor, your mother, your father, your friends, your children, the salespeople in stores whose looks spoke a thousand words as you tried on clothes—because they were thin, because they wanted you to be thin, and because you were forced to diet to please them or shut them up or make them eat their words and their looks? We welcome you to OA; welcome home!

Have you ever sobbed out your misery in the dark night because no one loved or understood you? Welcome to OA; welcome home!

—A Taste of Lifeline, pp. xiii–xvi

The definition 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.

Recovery is the removal of the need to engage

in compulsive eating behaviors.

Spiritual, emotional, and physical recovery is achieved

through working and living the

Overeaters Anonymous Twelve Step Program.

We use Tools—a plan of eating, sponsorship, meetings, the telephone, writing, literature, action plan, anonymity and service—to help us achieve and maintain abstinence and recover from our disease. Many of us have found we cannot abstain from compulsive eating unless we use some or all of OA’s nine Tools of recovery to help us practice the Twelve Steps and Twelve Traditions.

Again to volunteer to speak, press the raise hand symbol to be put in the queue to speak. When called on, un-mute to share (If you can’t access the “raise hand symbol”, please type \* in the chat box to share.) If you are on the phone, press \*9 to be put in the queue to speak. When you are finished, re-mute (or press \*6) and lower your raise hand symbol (or press \*9).

Would someone please read:

A Plan of Eating

A plan of eating helps us abstain from compulsive eating. (See the pamphlet *Dignity of Choice*.) This Tool helps us deal with the physical aspects of our disease and achieve physical recovery.

Sponsorship

We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional, and spiritual. Find a sponsor who has what you want and ask that person how he or she is achieving it.

*Will all sponsors introduce yourself?*

*Tell us your time in the program, the amount of weight you’ve given away, and whether you can be a buddy until a new sponsor is found. Will the Sponsor Coordinator please introduce yourself?*

Meetings

Meetings give us an opportunity to identify our common problem, confirm our common solution through the Twelve Steps, and share the gifts we receive through this program. In addition to face-to-face meetings, OA offers telephone and online meetings.

Telephone

Many members call, text, or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.

• The Chat Feature in Zoom will be our We Care list. If you are in need of a sponsor or willing to sponsor, please leave contact information there or you can share it verbally towards the end of the meeting. The list will be copied so it can be shared afterward.

Writing

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.

Literature

We read OA-approved books, pamphlets, and *Lifeline* magazine. Reading literature daily reinforces how to live the Twelve Steps and Twelve Traditions.

Action Plan

An action plan is the process of identifying and implementing attainable actions that are necessary to support our individual abstinence. Just like our plan of eating, it may vary widely among members and may need to be adjusted to bring structure, balance, and manageability into our lives.

Anonymity

Anonymity guarantees we will place principles before personalities and assures us that only we have the right to make our membership known within our community. Anonymity at the level of press, radio, films, television, and other public media of communication means that we never allow our faces or last names to be used once we identify ourselves as OA members.

Within the Fellowship, anonymity means that whatever we share with another OA member will be held in respect and confidence. What we hear at meetings should remain there.

Service

Any form of service that helps reach a fellow sufferer adds to the quality of our own recovery. Members can give service by getting to meetings, putting away chairs, putting out literature, and talking to newcomers. Beyond the group level, a member can serve as intergroup representative, committee chair, region representative, or Conference delegate.

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.”

*Will all those who give service at this meeting only, introduce yourself and state your service?*

According to our Seventh Tradition, we are self-supporting through our own contributions. This zoom meeting is sponsored by our intergroup and has been hosting trainings for those who are unfamiliar with zoom and hosting a meeting. We can support intergroup by sending a check to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.* We encourage members to give as much as they are able. The suggested donation is $5 or more. If you are unable to give, please just keep coming back as we need you more than your money. Thank you.

A step up is when a newcomer or returnee has a minimum of 30 days of abstinence and has completed the first three steps to their sponsor’s satisfaction. Are there any step ups today?

Will the chip person please pass out virtual chips acknowledging time of abstinence?

Will the secretary please read any announcements? Is there an intergroup report?

Business meetings are held on the (last Sunday of the month) during the meeting for ten minutes before the speaker. Service positions will be filled by those who attend. All are welcome and encouraged to participate.

At this time, I would like to introduce our speaker\_\_\_\_\_\_\_\_\_\_\_\_,

who will speak for 20 minutes. Please check to make sure you are muted and refrain from using the chat feature unless there is a technical issue as a courtesy to the speaker. Thank you.

It is now time for pitches. A timer will be set for two minutes for each pitch. Feedback, crosstalk, and advice-giving are discouraged here. As you share your experience and strength in OA, please share your hope. Please confine your sharing to your experience with the disease of compulsive eating, the solution offered by OA, and your own recovery from the disease, rather than just the events of the day or week.

*(Before closing the meeting)* Would anyone who did not share like to introduce themselves so they can feel part of the meeting?

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 you attend at least six different meetings to learn the many ways OA can help you.

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 all reach out by phone, email or text to newcomers, returning members and each other. Together we get better.

Thank you for allowing me to be your leader. And thank you \_\_\_\_\_\_\_\_\_\_\_\_ for being our speaker. After a moment of silence for those still sick and suffering in and out of the rooms, will you 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.*

*OA Responsibility Pledge*

*Always to extend the hand and heart of OA*

*to all who share my compulsion;*

*for this I am responsible.*