


Overeaters Anonymous 🌻 Saturday 10:30 AM Meeting 🌻

	<p>Format for Reading <i>(This column is the format as it is read by the leader.)</i> <i>BOLD BLUE text is NOT meant to be read out loud.</i></p>
<p>Open Meeting</p>	<p>Welcome to the Saturday 10:30 A.M. meeting of Overeaters Anonymous. My name is _____ and I am a compulsive overeater and your leader for this meeting. Will those who wish to please join me in the Serenity Prayer.</p> <p style="text-align: center;"> 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.</p>
<p>OA's Unity with Diversity Policy (2021)</p>	<p>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 attribute.</p>
<p>OA Preamble</p>	<p>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!</p> <p>There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting or 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.</p> <p>Our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.</p>
<p>Introductions</p>	<p>Whatever Problem you may have with food, you are welcome at this meeting.</p> <p>Are there any compulsive eaters here besides myself? <i>(Pause for members to raise hands.)</i></p>
<p>Newcomers</p>	<p>For all newcomers in the room, we offer you a safe place to start a new way of life.</p> <ul style="list-style-type: none"> • If there is anyone here for a first, second, or third time we invite you to identify yourself, if you wish, so we can welcome you. <i>(Pause for introductions. Be sure to check Zoom window to see if anyone is raising a hand. Newcomers may not speak up, so offer additional encouragement.)</i> • Do we have anyone returning to OA, or visiting from another area who would like to identify yourself so we can welcome you? <i>(Pause for introductions.)</i> <p>WELCOME HOME!</p>

Program Encouragement	<p>We encourage newcomers and existing members to:</p> <ol style="list-style-type: none"> 1. Get a sponsor to help guide your recovery. 2. Read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions. 3. Develop a plan of eating, and if you wish, write it down and report daily to your sponsor. 	
Participatory Readings	<p>Will someone read “Our invitation to you” <u>including</u> the Twelve Steps? <i>(Pause for volunteer.)</i> Thank you for your service.</p> <p>Who would like to read the Tradition of the Month from The Twelve Traditions of Overeaters Anonymous pamphlet? <i>(Pause for volunteer.)</i> Thank you for your service.</p>	<p>ZOOM HOST: Can share each reading link in the virtual chat. (Right click to copy hyperlink.)</p> <ul style="list-style-type: none"> • Our Invitation to You • The Twelve Traditions of Overeaters Anonymous
Abstinence & Recovery	<p>Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.</p> <p>Spiritual, emotional, and physical Recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.</p>	
Tools	<p>Many of us have found that we cannot abstain from compulsive eating unless we use some or all of OA's nine tools of recovery.</p> <p>The nine tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, anonymity, service, and an action plan.</p> <p>Would someone please read from the Tools Pamphlet and share on it if you choose? <i>(Pause for reading.)</i></p> <p>Thank you for your service.</p>	<p>ZOOM HOST: Share the Tools pamphlet link via chat. (Right click to copy hyperlink.)</p> <p>The Tools of Recovery (abridged)</p>
Literature	<p>Only OA approved literature is displayed at this meeting. Many OA members find that reading our literature daily further reinforces how to live the 12 Steps.</p> <p>If you are in-person, the pamphlets on the table are there for the taking. We also have some books available for re-sale. If you are attending virtually, visit our website for suggested readings or the OA.org site.</p>	
Sponsors	<p>Sponsors are OA members committed to abstinence and to living the 12 Steps and 12 Traditions to the best of their ability. Sponsors share their program with others and strengthen their recovery through this service. If you are looking for a sponsor, find someone who has what you want, and ask them how they do it.</p> <p><i>(Section continues on the next page.)</i></p>	

	<p>Will all long-term sponsors please raise your hands and keep them raised for a moment? <i>(Pause.)</i> Thank you for your service.</p> <p>Will all 12-day newcomer sponsors please raise your hand and keep them raised for a moment? <i>(Pause.)</i> Thank you for your service.</p> <p>For those Sponsors who are currently available to sponsor, we suggest putting your name and contact in either the book being passed around in-person, or via the virtual chat box. We invite those who need a sponsor to reach out to one of those available sponsors.</p>	
Announcements	Are there any OA-related announcements?	
Celebration Time	<p>In the spirit of the slogan “keep coming back no matter what” is there anyone who wishes to acknowledge the anniversary of their first meeting? <i>(Pause for members to raise hands.)</i></p> <p>Is there anyone wishing to celebrate any periods of abstinence? <i>(Pause for members to raise hands.)</i></p> <p>For all newcomers in the room, we offer you a safe place to start a new way of life. Would any newcomers like a welcome token (in-person) or virtual hug? <i>(Pause for members to raise hands.)</i></p>	
Service Positions	<ul style="list-style-type: none"> • Key Holder – Holds our physical key. This person opens and sets up the room for the in-person meeting. • Zoom Host – The zoom host opens the virtual room, shares materials on screen, and helps attendees with muting and other features. • Treasurer – this volunteer collects the 7th tradition after each meeting, pays the monthly rent from the 7th tradition and distributes remaining funds to the Intergroup. This is a 6-month position with a 2 consecutive term limit. <ul style="list-style-type: none"> ○ Important: If treasurer is not present, please make sure someone from the in-person meeting takes the collection money home. • Newcomer Greeter - this volunteer calls all newcomers to this meeting. This is a 3-month position. • Intergroup Rep - represents this meeting in monthly intergroup meeting. This is a quarterly position. 	
Seventh Tradition	<p>According to the Seventh Tradition, “we are self-supporting through our own contributions.”</p> <p>Our group expenses include a \$50 per month rent and we send monthly contributions to our Intergroup—who in turn passes along the surplus to region 7 and the World Service Office to help carry the message to other compulsive overeaters. A suggested donation of \$3 by each person will help ensure that this meeting will continue.</p> <p>If you’re in the building, a collection pouch is going around with the We Care List. The method to donate virtually is posted in the chat box.</p>	<p>ZOOM HOST: Share the contact details for this meeting via the virtual chat.</p>

Meeting Options	<p>Today we will be reading from the following literature: (<i>select literature based on the week of the month</i>)</p> <ol style="list-style-type: none"> 1. 1st Saturday: “Abstinence” 2. 2nd Saturday: AA Big Book: Beginning to end Pt. 1 Stories alternating with Overeaters Anonymous 3rd edition stories; AA Big Book; Taste of Lifeline stories; AA Big Book 3. 3rd Saturday: “Lifeline Sampler” 4. 4th Saturday: “Seeking the Spiritual Path” 5. 5th Saturday: “A New Beginning” <p>We will read literature until 10:55 a.m., then the leader will describe the sharing process before opening the meeting for sharing.</p> <p>Will someone begin where we last left off? <i>Members take turn reading literature. When finished please write where we left off on the We Care List.</i></p>	
Sharing Format	<p>As you share your experience and strength in OA, please also share your hope.</p> <ul style="list-style-type: none"> • Confine your sharing to your experience with the disease of compulsive overeating, the solution offered by OA and your own recovery from the disease, rather than just the events of the day or week. • If you are having difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting. Keep in mind the size of this meeting when sharing so everyone has an opportunity to share. • Feedback, crosstalk, and advice giving are discouraged here. Crosstalk during an OA meeting is giving advice to others who have already shared, speaking directly to another person rather than to the group and questioning or interrupting the person speaking • or sharing at the time. The leader has the responsibility to lovingly remind members to respect our group conscience during sharing. <p>The meeting is now open for sharing until 11:25 a.m.</p>	
Positive Pitches	<p>Does anyone have a positive pitch to share or a burning desire you’d like to share so that you won’t go home and eat over it? <i>Pause while members share until 11:29 a.m.</i></p> <p>Thank you for sharing</p>	
Big Book Reading	<p>Who would like to read the Promises directly from the A.A. Big Book, pages 83-84?</p>	
Closing	<p>By following the Twelve Steps, attending meetings regularly and using the OA Tools, thousands have changed their lives. We offer hope and encouragement. To the newcomer, we suggest attending at least six different meetings before deciding if OA is for you.</p> <p><i>(Section continues on the next page.)</i></p>	<p>ZOOM HOST: Share the screen with the closing displayed.</p> <p>IN PERSON: Distribute copies to all members (they are on the back of the 12 step copies.)</p>

	<p>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. "What you hear here, whom you see here, when you leave here, let it stay here."</p> <p>Let us all reach out by phone or email to newcomers, returning members and each other. Together we get better.</p> <p>Thank you for asking me to be your leader. After a moment of silence, will those of you who wish to please join us for our closing, "I Put My Hand in Yours."</p>	
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REVISIONS		APPROVALS
Feb 2022 Changes to Sponsor 2/5/22	Updated by Barb G. 7/30/21;1/25/19	GC Vote Feb 5, 2022
Jan 2022 (LE processed additional feedback)	Updated by Angie K. 9/7/2017	
Dec 2021 (SH edits)	Updated (handwritten) by Group Conscience 3/22/13 Updated by	
Nov 2021 (LE including suggestions received to be voted on)	Angie K. 2012	