

WESTMINSTER TUESDAY NIGHT OA MEETING - 1/2023

Welcome to the Tuesday night 7:00 pm meeting of Overeaters Anonymous. My name is _____.
I am a compulsive overeater and the moderator for this meeting. If you are participating via Skype, please mute your call when not speaking.

SERENITY PRAYER:

After a moment of silence, will all those who wish, please unmute and join me in the Serenity Prayer? (Pause)

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

OPENING:

Whatever problem you may have with food, you are welcome at this meeting. Are there any other compulsive overeaters here beside myself? If you are here for the 1st, 2nd, or 3rd time please tell us your first name and where you are from so we can welcome you. We encourage everyone to:

- get a sponsor to help guide your recovery through the 12 steps:
- 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 12 steps and 12 traditions.
- Stay after the meeting if you have questions – such as about donations, sponsoring, finding a sponsor, food plan, etc.

PREAMBLE:

Would someone like to read the 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 the 12 steps of OA to those that still suffer.

OUR INVITATION TO YOU: Would someone like to read Our Invitation to You? (When we have newcomers ask someone to read Welcome Home and The OA Promises)

We of Overeaters Anonymous have made a discovery. At the first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health, and self-confidence, which some of us had once possessed, were no defense against it. We have learned that the reasons for the illness are unimportant. What deserves the attention of the still-suffering compulsive eater is this: There is a proven, workable method by which we can arrest our illness. The OA recovery program is patterned after that of Alcoholics Anonymous. As our personal stories attest, the 12-step program of recovery works as well for compulsive overeaters as it does for alcoholics. Can we guarantee you this recovery? The answer is up to you. If you will honestly face the truth about yourself and your illness; if you will keep coming back to the meetings to talk and listen to other recovering compulsive overeaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and most important, if you are willing to rely on a power greater than yourself for direction in your life and to take the 12 steps to the best of your ability, we believe you can indeed join the ranks of those who recover. To remedy the emotional, physical, and spiritual illness of compulsive eating, we offer several suggestions, but keep in mind that the basis of the program is spiritual as evidenced by the 12 steps. We are not a "diet club". We do not endorse any particular plan of eating. In OA abstinence is the act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Once we become abstinent, the preoccupation with food diminishes and, in many cases, leaves us entirely. We find that, to deal with our inner turmoil, we have to have a new way of thinking, of acting on life rather than reacting to it - in essence, a new way of living. From this vantage point, we begin the 12-step program of recovery, moving beyond the food and the emotional havoc to a fuller living experience. As a result of practicing the Steps, the symptoms of compulsive eating and compulsive food behaviors are removed on a daily basis, achieved through the process of surrendering to something greater than ourselves; the more total our surrender, the more fully realized our freedom from food obsession.

WELCOME HOME (abridged):

Have you ever wished you could lose ten pounds? Twenty? Forty? A hundred 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 belong? 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!

OA Promise:

I put my hand in yours, and together we can do what we could never do alone.

No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower.

We are all together now, reaching out our hands for power and strength greater than ours, as we join hands, we find love and understanding beyond our wildest dreams.

THE 12 STEPS:

We will take turns reading the 12 steps, please raise your hand if you would not like to read at this time. The leader will call on each person to read a step.

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 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 ask 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.
12. 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.

THE 12 TRADITIONS:

Ask if someone would read Tradition #3 and the tradition that corresponds to this month.

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 Himself 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 non-professional, 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.
11. 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.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

7th TRADITION:

According to our 7th Tradition, we donate to support our Intergroup, Region 7, World Service Office and to pay rent for in person meetings. A donation of \$3 is appreciated or whatever you can afford. Newcomers are encouraged to save their money for the first 3 meetings to buy literature.

ANNOUNCEMENTS:

Are there any announcements?

THE DEFINITIONS OF ABSTINENCE AND RECOVERY IN OA:

- Abstinence is the act of refraining from compulsive overeating 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 12 Step Program.

TOOLS:

The OA tools of recovery help us to work the 12 steps and refrain from compulsive overeating. The 9 tools are:

- A plan of eating,
- sponsorship,
- meetings,
- telephone/internet,
- writing,
- literature,
- an action plan,
- anonymity,
- and service.

For more information on the tools please refer to OA.org. Would someone like to discuss one of the tools and how you use it in your program?

SPONSORSHIP:

Sponsorship is one of our keys to success. Sponsors are OA members who are living the Twelve Steps and Twelve Traditions to the best of their ability. Their role is to work with a sponsee one on one in recovery. Would available Sponsors and Temporary Sponsors please raise your hand and stay after the meeting to exchange information with newcomers?

MEETING FORMAT:

BIG BOOK MEETING: Weeks 1 and 3

OA 12 & 12 MEETING: Weeks 2 and 4

SPEAKER MEETING or TOPIC MEETING: Week 5

Group conscience Meetings will be held **quarterly in the 4th week of January, April, July and October** These will be announced 2 weeks in advance and can be requested at any time with a 2 week notice.

GUIDELINES FOR THE MEETING:

We will read and share until **7:55 pm** and then have open share and positive pitches until **8:15 pm**.

We take turns reading and you may read or pass. We are all welcome to share after each reading. When we share, please limit your time to 3 minutes so that everyone who wishes to share will have time to do so. A voice or sound alert will occur at the 3 min mark allowing for a brief wrap up of your thoughts. Can someone please volunteer to be the timer? We will refrain from mentioning specific foods by name, as it could trigger food thoughts in others. And we ask that food not be brought to or eaten during the meeting.

- Please remember that there is no cross talk. Cross talk is giving advice to others who have shared, speaking directly to another person who has shared, and we do not interrupt or question the one speaking at the time.
- Please limit your shares and comments to reflect only on your experience, strength, and hope in living with this disease of compulsive overeating. The leader has the responsibility to gently remind members to respect these guidelines. Your share is very important to all of us. We welcome all participants to share.

Who would like to start us off with reading? **(Pause for at least 20 sec. this gives time for courage)**

At **7:55 pm**. Say, "We are now in open share until **8:15 pm**. Would someone please make note of where we left off in the reading? Who would like to share?" **(Pause)**

At **8:15 pm**: Thank you all for a great meeting. By following the 12 steps, attending meetings regularly, and using the OA Tools, we are changing our lives. Together we get better!

To the newcomer: You will find hope and encouragement in Overeaters Anonymous. We suggest attending at least 6 different meetings to learn the many ways OA can help you.

The steps are essential to our recovery; our freedom to share deeply at these meetings is important to working the steps. The 12th Tradition states: "Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities."

Who you see here, what you hear here, when you leave here, let it stay here!

Remember to stay on the line or stay after the meeting if you would like to sponsor, find a sponsor, need any contact information, or have any questions.

THE THIRD STEP PRAYER:

Found in Big Book pg. 63 second paragraph. After a moment of silence, would those who wish please unmute and join me in reading the 3rd step prayer and final words:

God, I offer myself to thee, to build with me and do with me as thou will.

Relieve me of the bondage of self, that I may better do thy will.

Take away my difficulties,

That victory over them may bear witness to those I would help

Of thy power, thy love, and thy way of life.

May I do thy will always!

FINAL WORDS:

Keep coming back, it works when you work it. One day at a time, so work it, you're worth it. Give a lot of love and don't pick up the food!