Body Image Workshop Format

Welcome to the Piedmont Intergroup’s Body Image Workshop. My name is Susan, I’m a compulsive overeater and I’ll be your leader for this workshop. We are so happy you are able to join us for this virtual event! We are in Charlotte, NC and have people attending from all over the country, the continent, and the world. We are so happy you could be with us.

After a moment of silence 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 wisdom to know the difference.”

Before we start, just some Zoom protocol. Please remain muted unless you are called on to speak, read or share. When we get to the sharing part of the workshop, you can raise your hand by clicking the button that says participants. There is an icon for raising your hand. You will be called on and can then unmute. If you are calling in, star 6 will mute and unmute you and star 9 will raise your hand and lower it. Once you’ve been called on to share, please lower your hand.

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.

Ask someone to read

• The Twelve Steps of Overeaters Anonymous.

• The Twelve Traditions of Overeaters Anonymous.

According to our Seventh Tradition, we are self-supporting through our own contributions. We have no dues or fees. If you would like to make a donation to the Piedmont Intergroup, please go to <http://piedmontintergroup.org/> to donate. I will put the link in the chat. We can only accept donations through Venmo. If you prefer to send a check, I will put the address in the chat. Please give what you can.

We have four speakers who will share for 15 minutes each, followed by general sharing.

Our first speaker is April from California

Our second speaker is Sandi from Florida

Our third speaker is Barbara from Massachusetts

Our fourth speaker is Doreen from Washington

Thank you again to all our speakers!

It is now time for sharing. If you’d like to share, please raise your hand using the hand raise icon in the participants panel.

Thank you to everyone who shared and another thank you to our speakers. And thanks to all of you for attending.

We will close with the OA promise, I Put My Hand in Yours. I will put it on the screen for everyone to see.