

OA Monday Meeting
Steps 10-12 7 AM
Zoom ID 823 7489 6537 PC 010248

<https://us02web.zoom.us/j/82374896537?pwd=dXNYVVBEZXZVU2d016cFRSRHlRdz09>

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+1 253 215 8782 US (Tacoma) Meeting ID: 823 7489 6537 Passcode: 010248

1. Welcome to the Monday, 7:00 AM meeting of Overeaters Anonymous. My name is _____, and I am your facilitator for this meeting.
2. **(Serenity Prayer)** Will those who wish, 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."

Whatever problem you may have with food, you are welcome at this meeting. We focus on the last three steps of the 12 steps of Overeater's Anonymous. The format is 5 minutes of sharing, a reading, 10 minutes of meditation, five minutes of sharing, a reading, 10 minutes of writing and 5 minutes of sharing. Is anyone here who has never attended an OA meeting? Please unmute yourself and tell us your name so we can welcome you. **(If newcomer is present)** *If you would like to know which meetings focus on those new to Overeater's Anonymous, please use the chat function to send me your phone number and I will contact you after the meeting or stay on after the meeting.*

3. **(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 this message of recovery through the 12 steps of OA to those who still suffer."

4. I have asked _____ to read **“The Twelve Steps of Overeaters Anonymous**

5. I have asked _____ to read **“The Twelve Traditions of Overeaters Anonymous**

6. *Definitions in OA:*

ABSTINENCE: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

RECOVERY: 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.

TOOLS: The OA Tools of Recovery help us work the steps and refrain from compulsive eating. The nine tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, an action plan, anonymity, and service.

We read OA-approved literature. Reading literature daily reinforces how to live the Twelve Steps and Twelve Traditions of OA.

7. Reaching out to other compulsive eaters via phone and text is an important part of our recovery. Put your phone number in the chat room if you would like to receive calls and take phone numbers out of the chat room to create a support network.

8. **REPORTS:** Are there any OA related reports or announcement?

9. Guidelines for Sharing. In order to create a safe and supportive atmosphere, please remember to avoid feedback, cross talk, and advice giving and focus on your OA experience living the steps.

9. **Set Aside Time** We will spend 5 minutes in break out rooms sharing whatever we need to set aside. (*Start break out rooms for 5 minutes*).

After Break out timer is done

10. *Set Aside Prayer.* Dear God, we invite you into this meeting to guide and direct each of us as we seek your truth. Please set aside anything that would block us. Lay aside our prejudices. Remove our fears that we may hear you today. We ask that we may have a truly open mind.

11. *Reading (Leader's Choice).* Leader selects a short reading from OA approved literature on a topic related to living the steps. (Leader can read or ask another member to read) Reading.

12. *Meditation.* I will read from _____ on page _____. (After reading) We will now spend 10 minutes in meditation allowing ourselves time to become acquainted with our higher power. *Set timer for 10 minutes, Leader optionally guides meditation).*

13. *Sharing.* We now have 5 minutes to share on your experience with the meditation. Please join the breakout room when prompted. (*Open break out rooms, start timer*)

14. *Writing on 10th Step.* The Tools of Recovery pamphlet tells us, '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' (p. 4). I will read from _____ on page _____ to provide a possible focus for your writing. (*Read VOR or For Today or other OA approved literature related to step 10-12*). (*Set timer for 10 minutes*) This is your time to write on what has been read or to do a 10th step or write on a topic of your choice. We have 10 minutes to write. (*Set timer for 10*)

15. We now have 5 minutes to share on your writing. Please join the breakout room when prompted. (*Set timer for 5 minutes, start break out rooms*)

16. *Seventh Tradition* According to our Seventh Tradition, we are self-supporting through our own contributions. We send regular contributions to our intergroup, our region, and the World Service Office to help carry the message to other compulsive eaters.

17. *Strong Abstinence Checklist Review*

We encourage you to use the strong abstinence checklist daily

- Make abstinence a priority today
- Pray and Meditate today
- Work toward a healthy body weight and maintain it
- Rely on a Higher power to be abstinent today
- Ask someone else what they are doing to stay abstinent
- Make an OA call today
- Cultivate an attitude of gratitude today
- Have and follow a food plan today
- Help someone else today
- Have an action plan to support abstinence
- Work with a sponsor as a guide to living the steps

18. *Closing:* 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 OA is for 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. Let us all reach out by phone or email to newcomers, returning members and to each other. Together we get better!

19. After a moment of silence, will those of you who wish to please join us in the 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, and as we join hands, we find love and understanding beyond our wildest dreams.