(Ask some one to time if allowing shares – 3 minutes max if desired)7:00 -7:45 Meeting Time.

Welcome to the Saturday Morning Meditation meeting of Overeaters Anonymous. My name is

 . I am a compulsive eater and your leader for 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, courage to change the things I can, and wisdom to know the difference.

I have asked \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to read the 12 steps of Overeater’s Anonymous and the corresponding spiritual principles.

I have asked \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to read the Promises from p. 83-84 of Alcoholics Anonymous.

(Share for 5 minutes on how meditation has helped you in your recovery and relationships. Did it help you develop a conscious contact with your HP? Did you prayer for others, did that improve your relationships with them? Did turning them over to the care of their HP give you peace of mind? Can you share an example? )

I will now share for 5 minutes on how meditation has helped me in my recovery and in improving the relationships I have with others. (Set a timer or ask someone to time you)

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We will now meditate for 10 minutes to practice the spiritual awareness in Step 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. *(Set a timer)*

(If you have music or nature sounds you can play this in the background. It is perfectly fine for people to sit quietly without music and open their minds and hearts to their higher power.)

(After the 10 minutes, open the floor for sharing.

The time for meditation is done. We can now share on our experience during meditation.

Please share your strength, experience, and hope in OA during this meeting.

Feedback, cross talk and advice-giving are discouraged here. Cross talk 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/sharing at the time.

The floor is now open for sharing.

(people share)

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**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. 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.

After a moment of silence, will those of you who wish please join me 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.”