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

Welcome to the Sunday 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.

We now have XX minutes to practice Step 11, sought through prayer and meditation to increase our conscious contact with God while I play the bowls.

Do whatever you have planned keeping OA traditions in mind. If you want to read the following before opening up for sharing. Do not read from non OA approved literature during the meeting. After meditation time. You are welcome to spend five minutes sharing how you use prayer and meditation in your recovery and how it affects your relationships.

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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.

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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.”