

Saturday Night Lifeboat Meeting - Leader Guide (Please start the meeting promptly at 7 pm)

Welcome to the Saturday Night Lifeboat Meeting of Overeaters Anonymous. My name is _____, I am a compulsive eater, and your leader for this meeting.

- Will those who wish to please join me in The Serenity Prayer: *“God, grant me the Serenity to accept the things I cannot change, the Courage to change the things I can, and the Wisdom to know the difference.”*
- In consideration of others, we ask that if you are doing an activity you would not do at an in-person meeting, you turn off your video until the activity is done.
- Important note: we have instituted several security measures to prevent unwanted intrusions:
 - The “Start Video” function will be disabled during the first part of the meeting. If you’d like your camera on, please do so now.
 - We have enabled the Waiting Room for this meeting so the Zoom Hosts can review and admit participants one at a time.
 - We keep the Chat closed to participants until 7:45pm Pacific Time, except for messaging the Zoom Hosts. At that time, please feel free to use the Chat to leave your name and phone number. If you need to post information before 7:45, please send the Zoom Chat Host a request.
 - We have disabled the Rename function. If you’d like to change your Screen Name, please send a message to the Zoom Chat Host.

Thank you for helping us keep our meeting safe!

- Is there anyone calling in on the phone who would like to have their name displayed, instead of their phone number?
- Is there anyone new to OA, at their first, second or third meeting; at this meeting for the first time; or returning to OA after some time away? Would you please tell us your first name so we can welcome you?

If you would like a call this week, please list your name and number in the chat and say you’d like a call.

- 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 the message of recovery through the Twelve Steps of OA to those who still suffer.

- Would someone please read the 12 Steps of OA?
- Would someone please read the 12 Traditions of OA?
- TOOLS: Our solution to compulsive eating is through working the 12 steps. In addition, there are nine tools for use in OA program: Plan of Eating, Literature, Writing, Action Plan, Anonymity, Telephone, Meetings, Service, and Sponsorship. The Zoom host will post a link to a basic description of the tools; for more detailed information, please refer to the pamphlet, "Tools of Recovery" available at bookstore.oa.org.
- Who will be our timer?
- *[IF NEWCOMER PRESENT]* Since we have a newcomer tonight, may we have a recovering member share their first step story for 3 minutes?
- SPONSORSHIP: We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional, and spiritual. Will all sponsors please raise your hands, and leave them raised for a moment? Please also include that information in the chat, including whether you're a 12-day sponsor.
- MEETING FORMAT: This meeting is currently studying the Overeaters Anonymous 12 Steps and 12 Traditions, on all except the third Saturday of the month, when we have a speaker.
 - *[On all except the 3rd Saturday]* This week, we are reading Step/Tradition, which will be displayed on your screen. ***Who would like to begin the reading?***
 - *[On 3rd Saturday]* This week, we have a speaker, who will share their story for 15 minutes. How would the speaker like their time?

[Reading or speaker share happens now]

- SEVENTH TRADITION: According to our Seventh Tradition we are self-supporting through our own contributions. Our Seventh Tradition states that Overeaters Anonymous "ought to be fully self-supporting, declining outside contributions." While no fees or dues are required for membership, OA members have a responsibility to keep our rooms open, provide opportunities for fellowship, and spread our message of recovery. We are collecting 7th Tradition through a link on the seattleoa.org website, which the Zoom host will post in the chat. The suggested donation is \$5.00 but if you cannot donate, please keep coming back. Newcomers are our guests; please do not donate, but consider ordering literature instead, at bookstore.oa.org.
- Are there any announcements for the good of OA?
- Is anyone celebrating an OA milestone this week?
- BUSINESS MEETING: There will be a business meeting held on the second Saturday of each month, when we will end the meeting ten minutes early (at 7:50), and have our virtual coffee shop time afterwards. If you have ideas for our next business meeting, please include them in the chat, and come to the meeting to present them.
- SHARING: Now is the time for open sharing. As you share your experience and strength in OA, please also share your hope. Please confine your sharing to your experience with the disease of compulsive eating, the solution offered by OA, and your own recovery from the disease (rather than just the events of the day or week). Feedback, cross-talk (including private chats), and advice-giving are discouraged.

Please keep your share to 3 minutes to allow more people an opportunity to speak, and consider allowing others to share first if you had a chance to share last week.

You can indicate your desire to share by raising your hand in the participant list, or by pressing *9 if you're on the phone. The host will call on people in the order in which hands were raised.

The topic for sharing is the spiritual principle for the step or tradition we read tonight.

Now I will turn the meeting over to our host to call on raised hands.

[sharing happens now]

- *[AT 7:30 PM on the 2nd Saturday and 7:45 PM on all others]* We especially welcome newcomers, and invite you to share at this time if you wish. We want you to know that hearing about your experience benefits us all. *[Please pause for several moments to allow newcomers a chance to share.]*
- [Return to general sharing once the newcomers have shared]
- *[At 7:45 PM on the 2ND week of the month, or at 7:55 PM on all other weeks]* Does anyone have a burning desire to share?
- PROMISES: Would someone please read the 9th Step Promises on page 83 of the Alcoholics Anonymous Big Book?
- CLOSING: Anonymity is the spiritual foundation of all our 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. The opinions expressed today by those who shared are those of the individual OA members, and do not represent OA as a whole.
- Please don't forget to leave your name and number in the chat. You can save the chat to your computer by clicking on the three dots in the space where you type chat messages. That function is not available if you're using the Zoom app on your phone. If you're unable to save the chat for any reason, please provide your email address, with a request to have the chat emailed to you.
- Please join us at 8 pm (or after the business meeting if it's the 2nd Saturday) for 30 minutes of fellowship and fun at our virtual coffee house. Newcomers, please feel free to use this time for basic questions.

For more personal and in-depth support, our outreach team will check in with you later this week if you indicate in the chat that you'd like a call. Please also feel free to take phone numbers from the chat and reach out for support.

- After a moment of reflection on why we are here, and to remember those inside and outside the zoom room who still suffer, will those of you who wish to please join us in *The Serenity Prayer*.