

Overeaters Anonymous
Saturday University Step Study
Zoom meeting leader's script

10AM—OPEN THE MEETING

Welcome to the Saturday Stalwarts meeting of Overeaters Anonymous.

My name is _____ and I am a compulsive eater and your leader for this meeting.

Please join me for a moment of silence to reflect on the reasons why we are here, followed by the Serenity Prayer, for those who wish to join us:

***God, grant me the serenity to accept the things I cannot change,
courage to change the things I can and wisdom to know the diff***

A few housekeeping notes for this Zoom meeting:

- Please familiarize yourself with Zoom functions and use mute for the entire meeting, unless you are sharing with the group and during the prayers. If you have joined on a phone, use *6 to mute or unmute (or *1). Use *9 to raise and lower your hand to request to share. If you joined using a computer, you can use the space bar to temporarily unmute.
- We encourage you to use the Zoom chat feature to share your name, phone number, if you sponsor, and any comments or other information you'd like to share. You can also add your phone number next to your name on the screen.
- During sharing, please direct your chat comments to individuals rather than the entire group.
- During reading or sharing, please consider turning on your video. This will assist those who read lips to receive your share.
- Please treat the meeting like a regular meeting. If you are doing something you would not do at an in-person meeting, please turn off your video. And if there are other people in the room you are in, please protect the anonymity of participants by using headphones.
- This meeting goes until 11:00 A.M. PST.

This meeting follows OA's Unity with Diversity Policy. We encourage and promote acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait. We welcome all who share our compulsion.

- Who would like to read the OA Preamble from the OA 12&12, first page in the book?
- Who would like to read the Twelve Steps of OA?

- Who would like to read the Twelve Traditions of OA?

If anyone is here for your first, second or third OA meeting, returning to the program or visiting from out of town, please tell us your first name so that we can get to know you? *If we have a newcomer, ask: Will an OA member please share their First Step experience, strength, and hope for up to 3 minutes? Pause.* And may we have a volunteer to manage our timer?

Our meeting follows this format: on the first Saturday of the month, we read the Tradition of the month from the Twelve Steps of Overeaters Anonymous, the second Saturday we read the Step of the month from the OA 12&12, the third Saturday is a speaker meeting, the fourth Saturday we read from the book Body Image, Relationships, and Sexuality and the fifth Saturday is leader's choice.

ON THE 1ST MEETING OF THE MONTH

This morning we will read and discuss Tradition _____ from the OA 12&12. Please read several paragraphs then pass for the next person to read. Who would like to begin?

After the reading, skip to the Business Break.

ON THE 2ND OF THE MONTH

This morning we will read and discuss Step _____ from the OA 12&12.

If reading the Fourth Step, announce: When reading the Fourth Step we skip the italicized inventory questions, which start on page 28. *Then at the point where the questions begin on page 28, interject:* As a reminder, this is where we skip the italicized text and jump ahead to page 36.

Please read several paragraphs then pass for the next person to read. Who would like to begin?

After the reading, skip to the Business Break.

ON THE 3RD MEETING OF THE MONTH

As it is the third Saturday of the month, we have a speaker to share their story for 15 minutes, describing what it was like, what happened and what it's like now.

If we already have a timer: _____ are you willing to continue timing?

Or: May we have a volunteer to manage our timer?

I'll now turn the meet over to _____ who has graciously agreed to share with us today.

ON THE 4TH MEETING OF THE MONTH

As it is the fourth Saturday of the month, we will be reading a story from the Body Image, Relationships, and Sexuality book. We will be reading the story

_____ found on page _____. Please read a paragraph or two, then pass for the next person to read. Who would like to begin?

BUSINESS BREAK

Our monthly business meeting takes place after our regular meeting on the second Saturday of the month. If you have new business to discuss, please put the topic in the chat box and come to the next business meeting to discuss. *If it is the second Saturday, add:* which happens immediately after this meeting. We encourage everyone to attend. May we hear the Treasurer's report?

According to our Seventh Tradition, we are fully self-supporting through our own contributions. We support the Greater Seattle Intergroup (GSI) and OA World Service. The suggested donation is \$5, please give what you can. Treasurer information will be posted in the chat. Specify that the donation is for the Saturday Stalwarts Meeting.

Newcomers are our guests, so please do not donate but consider ordering literature instead.

Are there service position openings?

Are there any announcements for the good of OA?

A reminder to use the Zoom chat feature to add your contact information if you wish, and copy numbers of people who you might call. Reaching out to other members between meetings is a helpful way to work the program and stay connected with the Fellowship. During sharing, please direct your chats to individuals rather than the entire group.

Did anyone achieve a milestone in their recovery?

SHARING

Now is the time for sharing. This meeting focuses primarily on our program and on recovery.

If it is the third Saturday, ask the Speaker for a topic. Please share about the topic or the reading, your experience with the disease of compulsive eating, the solution offered by OA, and how you use the program and the Fellowship in your life.

Feedback, crosstalk and advice giving are discouraged. If you wish to respond to someone, please do so after the meeting.

Please limit your share to three minutes to give as many people as possible a chance to speak today. When you hear the timer go off, **please finish your sentence quickly**, out of respect for other members. If there are four or fewer people at the meeting, then sharing will be 5 minutes.

If we already have a timer: _____ are you willing to continue timing?

Or: May we have a volunteer to manage our timer?

GENERAL SHARING

Now we'll begin general sharing. If you wish to share and you entered using a computer please raise your hand under the reactions tab, or if you entered from a phone, raise your hand using *9. *Call on raised hands.*

CLOSING—10:55AM

We're out of time for sharing today. If you had wanted to share but didn't have the chance to do so, please take numbers from the chat and feel free to make calls.

Would all **available** sponsors please raise your hands and keep them up for a moment?

Pause. Please call one of these people after the meeting if you have any questions. And thank you for your service. To find a sponsor, look for someone who has what you want and ask her or him to sponsor you. You can ask anyone to be your temporary sponsor, even those who did not raise their hands.

Anyone is welcome to lead this meeting. May we have a volunteer to lead next week's meeting? *Pause until someone volunteers.* Thank you.

If it is the second Saturday: A quick reminder that our business meeting starts immediately after this meeting. All are welcome to attend.

In closing, please be aware that the opinions expressed here by those who shared belong to us and are not necessarily those of OA as a whole. 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,
please let it stay here.***

After a moment's meditation, please join us if you wish, in a closing prayer.

Leader's choice: Serenity Prayer, the We-form Serenity Prayer, the Third Step Prayer, etc.

Last updated September 2024