

OA Meeting Leader Format
Sunday Morning Meeting - Bellevue Alano Club

Meeting leader needs **no** abstinence requirement

8:30 OPENING - Same For All Weeks

- “**Welcome** to the Sunday morning meeting of Overeaters Anonymous. My name is _____, I am a compulsive overeater 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,
Courage to change the things I can, and Wisdom to know the difference.” Amen.*
- “Are there any compulsive overeaters here besides myself?” Please raise your virtual hand. If you are dialing in, please use *9 to raise and lower your hand. Thank you.
- “In place of a sign-in sheet, you are welcome to go to the CHAT window to sign and share your name, phone number and email.”
- “Please remember, that at this meeting, while it is your choice to have your camera on, in the interest of security, if you wish to share, please raise your virtual hand and turn on your camera. The host will then enable you to un-mute yourself so you can share. If you are dialing in by phone, please use *6 to mute and un-mute your phone.
- When your video camera is on, we request that you turn it off if you get up to move or do other activities
- Please note that you do not have ability to change your name. If you have need to do so, please ask a co-host for assistance in the chat window.

[SKIP the INTRODUCTION section, below on the 4th Sunday: SPEAKER MEETINGS]

- “As your leader, I will now go down the list of participants and ask you to introduce yourself. If there is anyone at your first, second or third OA meeting or visiting from another area, please tell us so we can welcome you. *[welcome each person by name]*
- Are there any newcomers today? **[If there is a newcomer:]** Welcome! We're glad you're here. **[Ask the larger group:]** Would someone like to share their first step story for three minutes so that our newcomers can hear what it was like before you found OA and when you first started coming to OA?
 - Is there a volunteer to be our timer today? Thank you, _____. The Zoom host will now make you a co-host so that you can un-mute and let the speaker know their time is up.

- “In OA, we encourage you to:
 1. Get a sponsor to help guide your recovery
 2. Develop a plan of eating; and
 3. Read Alcoholics Anonymous and OA-approved literature to build a working knowledge of the 12 Steps and 12 Traditions.” Our OA literature can be found on-line at oa.org
- "At this meeting we introduce ourselves before we speak. This helps us learn names and helps us avoid interrupting and crosstalk."
- [\[Note to leader: if at any time during the meeting someone forgets to introduce themselves before they speak please ask them to.\]](#)

(The Screen-Sharer [should now open and Share the ‘Readings’ found on this link https://www.seattleoa.org/wp-content/uploads/2020/05/Readings-Sunday-830.pdf](https://www.seattleoa.org/wp-content/uploads/2020/05/Readings-Sunday-830.pdf))

- “Will someone please read the “**OA Preamble**”? Thank you.
- “Will someone please read “**Our Invitation to You**”? Thank you.
- “Will someone please read “**The Twelve Steps**”? Thank you.
- Will someone please read the **Tradition of the Month**? Thank you.
- **The Tools in OA:**

"In Overeaters Anonymous, recovery involves **abstinence**, which is ‘**the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous 12-Step program on a daily basis.**’

The basis of this program is taken from the ‘Big Book’, Alcoholics Anonymous. Many of us have found that we cannot achieve or maintain abstinence unless we use some or all of OA’s nine tools of recovery regularly.

- These tools are: **A Plan of Eating, Sponsorship, Meetings, Telephone, Writing, Literature, Action Plan, Anonymity, and Service.**
- Now is the time to share on **the tool of the week**, which is _____ *[have someone check the calendar to see this week’s tool]*. Who would like to read the tool of the week and explain how this tool helps their program? You have 2 minutes.”
- Thank you.

- **“Sponsorship:** Sponsorship is a key tool in our program. Sponsors are OA members who are abstinent and working the Twelve Steps and Twelve Traditions to the best of their ability and are willing to share their recovery. Will all abstinent sponsors please identify yourself by raising your hand? Thank you.”
- **“Seventh Tradition:** According to our Seventh Tradition, *‘we are self-supporting through our own contributions.’* Together we all contribute to our primary purpose: to carry the message of recovery to the compulsive overeater who still suffers. World service suggests a donation of \$5 but please give what you are comfortable giving, you are more important than your money.
- You can make a donation to our meeting by going to the Seattleoa.org website. **Can I have a volunteer** insert that information in the Chat box.

To DONATE:

- *Go to seattleoa.org, click current list of meetings*
- *Scroll to Sunday and click on ‘Donate to Sunday Meetings via GSI Paypal’*
- *Where it says "optional, use this donation for" - Select Sunday 8:30 am Bellevue Alano Club (52626) from the drop down box*
- We contribute our meeting donations to our OA Intergroup, which in turn helps support OA Region 1 and OA World Service
- **“Newcomers** are our guests. Instead of donating, we ask that you wait to donate until you are sure you want to be here. Rather use your money to purchase literature that can help you through the days ahead.”
- **Announcements:** “Are there any announcements for the benefit of OA?”
- “This group holds a business meeting on the second Sunday of the month. If this is your home group we encourage you to attend. Giving service is a way of enhancing your own recovery.
- Who would like to volunteer to lead the next meeting? Please raise your virtual hand. **[Leader: WAIT until there is a volunteer]** Thank you.
- Also, just a reminder that you are welcome to sign in with your name and phone number in the chat window.

CLOSING - at 9:25 – same for all weeks:

- Are there any newcomers or anyone who is struggling who would like to share?
- “If you did not have a chance to share or were cut off due to time, please remember that we do care about you and that we encourage you to talk with someone after the meeting. Is there a volunteer with 30 days of abstinence who is willing to stay after the close of the meeting if anyone needs to talk more or ask questions?” Thank you _____.
- “Who would like to read **“The 9th Step Promises** found on pages 83-84 of the Big Book?” [*Screen-Share please share*]
- “By following the Twelve Steps, attending meetings regularly and using the OA tools, thousands have changed their lives. Overeaters Anonymous offers hope, and we in OA offer encouragement. To the newcomer, we suggest attending at least six meetings before deciding if 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. *Who you see here; what you hear here; when you leave here; let it stay here.*” [*Here Here!*]
- “Thank you all for being here at the Sunday Morning meeting of OA. “
- **[2nd Sunday of the month]**: “We will have a group business meeting today directly following the close of this meeting. All members of Overeaters Anonymous are invited to stay and participate.”]
- “Thank you for letting me be your leader today. All are welcome to stay on Zoom after the close of the meeting for OA fellowship.
- Will all who wish to, please un-mute and join me in a moment of silence for the still suffering compulsive overeater and then the Serenity Prayer.

After the Serenity Prayer: “Keep coming back! It works, if you work it, and you’re worth it.”

Thank you for being our leader this morning!

1st Sunday of the Month – STEP STUDY:

Today we will be studying the Step of the month. In this meeting we read the Step in its entirety and then share on the Step.

"Who would like to start reading Step_____ in the *Twelve Steps and Twelve Traditions of Overeaters Anonymous?*"

[After the Reading – pre-sharing guideline:]

- “Now it’s time for sharing on this step or on another aspect of our program. Please remember:”
- “We share our experience, strength and 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. If you are having difficulties, share how you are using the program to deal with them. If you have questions or need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the 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, questioning or interrupting the person speaking or sharing, or referring to another person by name, such as when mentioning a share.
- “There will be a 2 minute limit for sharing at any one time. Please respect the timer and stop when it beeps rather than add one more thought. This helps to keep our meeting focused and on track. Who would like to start?”
- Please raise your virtual hand and un-mute yourself when prompted.

2nd Sunday of the Month – TRADITION STUDY:

“Today we will be studying the Tradition of the month. In this meeting we read the Tradition in its entirety and then share on the Tradition.

Who would like to start reading Tradition_____ in the *Twelve Steps and Twelve Traditions of Overeaters Anonymous?*”

[After the Reading- pre-sharing guideline:]

- “Now it’s time for sharing on this Tradition or on another aspect of our program. Please remember:”
- “We share our experience, strength and 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. If you are having difficulties, share how you are using the program to deal with them. If you have questions or need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting.”
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- Please raise your virtual hand and un-mute yourself when prompted.

3rd Sunday of the Month – BIG BOOK STUDY:

Today we will be a Big Book study. We will take turns reading from the Big Book of Alcoholics Anonymous, starting where we left off last month. We will take turns reading 2-4 paragraphs (about one page). After you have read, please comment on the passage. If you do not wish to comment, simply say "pass." Then anyone else who wishes to, may comment, before the next passage is read."

As you share, please remember:

- "We share our experience, strength and 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. If you are having difficulties, share how you are using the program to deal with them. If you have questions or need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the 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, questioning or interrupting the person speaking or sharing, or referring to another person by name, such as when mentioning a share.
- "There will be a 2 minute limit for sharing at any one time. Please respect the timer and stop when it beeps rather than add one more thought. This helps to keep our meeting focused and on track.
- Who would like to begin?"
- Please raise your virtual hand and un-mute yourself when prompted.

[After the reading/sharing, ask someone to mark the last page and paragraph read on the sign-in sheet]

4th Sunday of the Month - SPEAKER:

“Today _____ will share his/her story: Please share what you were like, what happened, and how you use the 12 steps in your recovery. At this meeting, we request that the speaker have at least 6 months of abstinence. Please start by sharing your current length of abstinence and time in the program. You are also welcome to share photos. You have 20 minutes to share. Would you like the timer to beep earlier to let you know when 5 minutes are left?”

[Turn it over to the speaker to share for 20 minutes. Be sure timekeeper has set timer.]

[After the Speaker- pre-sharing guideline:]

- “Now it’s time for sharing on the themes shared by our speaker or on another aspect of our program. Please remember:”
- “We share our experience, strength and 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. If you are having difficulties, share how you are using the program to deal with them. If you have questions or need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting.”
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- “There will be a 2 minute limit for sharing at any one time. Please respect the timer and stop when it beeps rather than add one more thought. This helps to keep our meeting focused and on track.
- Who would like to start?”
- Please raise your virtual hand and un-mute yourself when prompted.

5th Sunday of the Month: - The Promises

Today we will read and share on **The Promises**. [Note: The 9th and 10th Step Promises are read alternately every-other 5th Sunday. See next page for current year's schedule]

[If reading 9th Step Promises]: Will someone please read the **9th Step Promises**, which are found on Page 83 of the Big Book? Thank you.

[If reading 10th Step Promises]: Will someone please read the **10th Step Promises**, which are found on Pages 84-85 of the Big Book? Thank you.

Thank you. Now it is time for sharing on the topic of the Promises. As you share, please remember:

- “We share our experience, strength and 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. If you are having difficulties, share how you are using the program to deal with them. If you have questions or need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting.”
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- “There will be a 2 minute limit for sharing at any one time. Please respect the timer and stop when it beeps rather than add one more thought. This helps to keep our meeting focused and on track.
- Who would like to begin?”
- Please raise your virtual hand and un-mute yourself when prompted.

5th Sunday Schedule

March 31, 2024

Step 9 Promises

June 30, 2024

Step 10 Promises

September 29, 2024

Step 9 Promises

December 29, 2024

Step 10 Promises