

Saturday Night Lifeboat Meeting - Leader Guide

(Please start the meeting promptly at 7 pm)

OPENING:

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:

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 about 7:45 pm Pacific Time, except for messaging any of our Zoom Hosts directly. 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. If you would like a call this week, please list your name and number in the chat and say you'd like a call.

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 at their first OA meeting? *(pause)* Is there anyone who identifies as a newcomer to OA? *(pause)* Is there anyone at this meeting for the first time; or are returning to OA after some time away? If you wish, please tell us your first name so we can welcome you.

(Note: If anyone identifies this is the first OA meeting ever we will read Step One from the OA 12/12; if there is a newcomer we will have someone share their story for 3 minutes)

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.

READINGS:

(Zoom Screen Host will screen share)

Would someone please volunteer to read the 12 Steps of OA?

Would someone please volunteer to read the 12 Traditions of OA?

DEFINITIONS:

TOOLS: Our solution to compulsive eating is through working the 12 steps. In addition, there are nine tools for use in the OA program, they are: Plan of Eating, Literature, Writing, Action Plan, Anonymity, Telephone, Meetings, Service, and Sponsorship. The Zoom Chat 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.

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 hand, and leave them raised for a moment? Please also include that information in the chat, including whether you're a 12-day sponsor.

TIMER:

This meeting currently uses the Zoom Timer App displayed at the top of the screen. Who is willing to serve as our timer and has access to the Zoom Timer App? Shares are timed at three minutes... thank you for your service!

NEWCOMERS:

(Only if a Newcomer is Present)

Since we have a newcomer tonight, may we have a Recovering Member share their First Step Story for up to 3 minutes?

MEETING FORMAT:

This meeting is currently studying either the Overeaters Anonymous 12 Steps & 12 Traditions, or the AA 12 Steps & 12 Traditions on all except the third Saturday of the month when we will have a Speaker.

(On all Except the Third Saturday)

This week, we are reading Step or Tradition _____, which will be displayed on your screen by our Zoom Screen Host.

Would someone be willing to begin reading?

(On the Third Saturday only)

This week, we have a Speaker, who will share their Experience, Strength, and Hope, for up to 15 Minutes. Tonight, our Speaker is _____. Would our Speaker like any time queues? With that, welcome... the floor is yours.

SEVENTH TRADITION, ANNOUNCEMENTS, & MILESTONES:

According to our Seventh Tradition, we are self-supporting through our 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 Chat 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 brief Announcements for the good of OA?

Is anyone celebrating an OA Milestone this week? Would anyone like to share a Day Count?

BUSINESS MEETING:

We will hold a brief Business Meeting on the second Saturday of each month when we will end the meeting ten minutes early at 7:50 pm Pacific Time. We will have our Virtual Coffee Shop time directly afterward. If you have topics for our next Business Meeting, please include them in the Chat or send them to the Meeting Secretary, and then attend to present them.

SHARING:

Now is the time for 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, and advice-giving are discouraged at this meeting.

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. The Zoom "Room 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 or will be suggested by our Speaker on the Third Saturday.

Now, I turn the meeting over to our Zoom "Room Host" to call on raised hands to Share.

(The Zoom "Room Host" will ask for any Newcomers or Returning Members to share at either 7:35 pm Pacific Time, on a Speaker night, or at 7:45 pm Pacific Time, on all other nights. Return to regular sharing, then pass the Meeting back to the Leader at 7:45 pm Pacific Time, on a Speaker night, or at 7:55 pm Pacific Time, on all other nights.)

12 PROMISES READING:

(Zoom Screen Host will screen share)

Is there someone willing to read the Twelve 9th Step Promises?

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 join us at 8 pm Pacific Time (or after the business meeting on the 2nd Saturday) for Fellowship and Fun at our Virtual Coffee House. Newcomers, please feel free to use this time for basic questions.

(Zoom Screen Host will send an Unmute Request)

After a timed minute of reflection on why we are here, and to remember those inside and outside this Zoom Room who still suffer, will those of you who wish to please feel free to unmute and join us in The Serenity Prayer.