

## **Saturday Morning Meeting of Overeaters Anonymous - Online Format**

Leader: Please complete the meeting log for this meeting. If you don't have the link to the meeting log, please contact Ana C (206-579-4316) so that you can be added to the folder. The log is not public because it contains the Host Key.

<https://zoom.us/j/93285824876?pwd=YWMzaUZjRllzbWhWMmZLN28rTUFFZz09>

Meeting ID: 932 8582 4876

Passcode: 017882

1. Welcome to the Saturday morning meeting of Overeaters Anonymous.  
My name is \_\_\_\_\_, I am a compulsive overeater and your leader this morning. Please be conscious of creating any distractions and stop your video or mute your audio if necessary. It is important to create a calm and welcoming environment for all.
2. Will all 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 wisdom to know the difference***
3. Welcome to Overeaters Anonymous; we are a growing, evolving Fellowship with in-person and virtual meetings around the world. In OA, there are opportunities for recovery and to give service at local virtual group, intergroup/service board, region, and world service levels. We strive to provide literature and support in every language, worldwide, to meet still-suffering compulsive eaters wherever they are.
4. As we extend the heart and hand of the OA Fellowship to those who still suffer, let us be mindful of OA's Unity with Diversity Policy, which respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute. Are there any compulsive eaters here besides me?
5. Is there anyone at an OA meeting for their first, second or third time? Would you please tell us your first name so we can welcome you?

Please tell us your first name so that we may welcome you.

- Here's what will happen in this meeting: First, we will read some OA literature together. Then we'll meditate for 5 minutes. Then we'll write for 5 minutes. Then it will be time to share our experience, strength and hope.

- We are adding our contact information in chat, please feel free to contact us with any questions or support.
  - If you would like us to send you a digital Newcomers Brochure, please add your email address in chat.
  - Would you like someone to go over the Newcomers brochure with you after the meeting? This will take about 5 to 8 minutes.  
***If the answer is yes:*** Would someone like to volunteer to meet with \_\_\_\_\_ after the meeting? (Get a volunteer.) Thanks for your service.
  - We encourage you to get a sponsor to help guide your recovery; develop a plan of eating, and if you wish, write it down and report daily to your sponsor; and read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.
6. Is there anyone here that is returning to OA or visiting from another group? Please tell us your first name so that we may welcome you.

7. The following is the 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 to carry the message of recovery through the twelve steps of OA to those who still suffer.**

8.

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9. Everyone is invited to share your contact information in chat. Feel free to take down names and numbers so that you can continue fellowship outside of the meeting. If you are a sponsor, please add an asterisk (\*) after your name.

Sponsorship is one of the keys to success. Sponsors are OA members committed to abstinence and to living the Steps and Traditions to the best of their ability. To find a sponsor, look for someone who has what you want and ask how they are achieving it.

Will all sponsors please raise your hand? If you are willing to be a partner in recovery, please raise your hand.

10. Will someone please read [Our Invitation to You](#)?
11. Will someone please read the 12 Steps? (12&12 p 169)
12. Will someone please read the corresponding Tradition of the Month? (12&12 p 170)
13. In OA, the definitions of abstinence and recovery in Overeaters Anonymous are:  
Abstinence 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 and working the Overeaters Anonymous Twelve Step program on a daily basis.
14. Many of us have found that we cannot abstain from compulsive eating unless we use some or all of OA's tools of recovery. The 9 tools are: A plan of eating, Sponsorship, Meetings, Telephone, Writing, Literature, Anonymity, An Action Plan, and Service. For more information, please see the Tools of Recovery page on OA.org.
15. Only OA approved literature is used at this meeting. Many OA members find that reading our literature on a daily basis helps to further reinforce how to live the 12 steps. If you are interested in purchasing literature please go to the bookstore on OA.org.
16. According to the 7<sup>th</sup> Tradition, we are self-supporting through our own contributions. To donate online, please visit [seattleoa.org](http://seattleoa.org), choose the "Meetings" page, then choose the donate button for the Saturday meetings. You can select the 8:30 am Mill Creek meeting from the list.
17. Are there any OA-related announcements?

**If it is the 2nd Saturday of the month:**

We will have a business meeting today after the close of this meeting.

18. Do we have a volunteer to lead our meeting next week?
19. Is anyone celebrating an abstinence birthday or milestone? Would anyone like to make a commitment to abstinence for another day?
20. This is a literature meeting. Each week we read, write and meditate. On the fifth Saturday of any month we will have a speaker.

***Fifth Saturday (Speaker Meeting)***

Our speaker this morning is \_\_\_\_\_. He/She will now share for 15 minutes on what it was like, what happened, and what it is like now.

At this time we will now take turns reading. Please feel free to read as little or as much as you like. You are also welcome to pass there is never any obligation to participate. This week we will be reading \_\_\_\_\_. (see meeting log)

***If there are newcomers***, read Step 1.

***First Saturday***, read the corresponding tradition of the month.

21. Will someone please volunteer to be our timer?
22. The 11th step suggests that "Meditation is a way of quieting our minds so we can get better acquainted with this Higher Power of ours."

When meditating we try to quiet our minds by focusing on our breaths, focusing on the spiritual principle of the week, or by repeating a word or phrase. If we get distracted, we gently let go of those distractions and return to our focus.

The timer will go off in 5 minutes to signal the end of our meditation. Find a comfortable position and begin.

23. Now, it is time for writing. Feel free to write on the reading, the spiritual principle of the week, or anything that is troubling you. We will write for a total of 5 minutes. The timer will go off in 4 minutes and you will have 1 minute to finish your thoughts.
24. It is now time for sharing. As you share your experience and strength in OA, also share your hope. At this meeting, we encourage you to share on the step of the week, your writing, and/or your recovery using the OA program, rather than just the events of the day or week. If you are having difficulties, show how you use

the program to deal with them. If you 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 and questioning or interrupting the person who is sharing at the time.

Please try and limit your share to 4 minutes or less so that all who wish to may have a chance to share. The meeting is now open for sharing.

***\*At 9:40 am or when everyone has had a chance to share:***

Is there anyone that has a burning desire to share or would like to share their action plan for the week?

25. Will someone please read the [Ninth Step Promises](#)? (Big Book pp 83&84)

26. In closing, the opinions expressed here today are of individual OA members and do not represent OA as a whole. Please remember our commitment to honor each other's anonymity.

**Whom you see here, what you hear here, when you leave here, let it stay here.**

27. Let us reach out to newcomers, returning members and each other. Together we get better.

28. Thank you for letting me be your leader today. After a moment of silence, will those who wish to please join me in \_\_\_\_\_.

\*Prayer Options: Serenity Prayer, 3rd Step Prayer, 7th Step Prayer, OA Promises, Roseanne's Prayer

**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

**Third Step Prayer**

God,  
I offer myself to Thee

To build with me & to do with me as Thou wilt.  
Relieve me of the bondage of self, that I may better do Thy will.  
Take away my difficulties, that victory over them may bear witness  
to those I would help of Thy Power, Thy love & Thy way of life.  
May I do Thy will always!

### **Seventh Step Prayer**

My Creator,

I am now willing that you should have all of me, good & bad.

I pray that you now remove from me every  
single defect of character which stands in the way  
of my usefulness to you & my fellows.

Grant me strength, as I go out from here to do Your bidding.

### **The OA Promise**

(also known as **Rozanne's Prayer**):

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.

## **9th Step Promises**

### **Pages 83 & 84 of the Big Book**

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us-sometimes quickly, sometimes slowly. They will always materialize if we work for them.