

## **SATURDAY 7:30 AM MEETING**

“Welcome to the Saturday 7:30 am meeting of Overeaters Anonymous. My name is \_\_\_\_\_. I am a compulsive eater and your leader for this meeting. Please silence your phones at this time.”

“Will those who wish, 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.”

“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 trait.

---

### **IF THERE ARE NEWCOMERS:**

“Is there anyone here for the first, second, or third time?

-Would you please tell us your first name so we can welcome you? If you are returning to OA or are visiting from another area, please tell us your first name so we can also welcome you.” [Welcome each person by name.]

“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.”

Ask someone to read “Our Invitation to You,” which includes the Twelve Steps of Overeaters Anonymous.

---

“The following is the OA Preamble: Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive eating. 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.”

Ask someone to read The Twelve steps of Overeaters Anonymous,  
then ask someone to read the Twelve Traditions of Overeaters Anonymous.

#### DEFINITIONS OF “ABSTINENCE” AND “RECOVERY” IN OVEREATERS ANONYMOUS:

1. Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.
2. Recovery: Removal of the need to engage in compulsive eating behaviors.

Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program on a daily basis.

“The OA Tools of Recovery help us work the Steps and refrain from compulsive overeating. The nine Tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, an action plan, anonymity, and service. For more information, read The Tools of Recovery pamphlet.”

This meeting has a group conscience the first Saturday of the month, we will end at 8:20 am to have time for discussion of topics.

We Care List: We are using the chat function to put our name and phone number

Announcements?

According to our Seventh Tradition, we are self-supporting through our own contributions. Please send money to our treasurer. Our expenses are paying for space at church, contributions to Intergroup, World Service Office and Region 5. Make check out to or Venmo our treasurer: Katy G ... .

“This is a literature meeting. Today we are reading \_\_\_\_\_.”

- First Saturday: Pamphlet (or other OA/AA approved literature reading)
- Second Saturday: Spiritual Principle of the month
- Third Saturday: Pamphlet (or other OA/AA approved literature reading)
- Fourth Saturday: Speaker Meeting
- Fifth Saturday: Pamphlet (or other OA/AA approved literature reading)

**GUIDELINES 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. Please do not name food in your share. If you are having difficulties, share 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 speaking or sharing at the time.”

“At this meeting, please share as the spirit moves you (ping pong style). Who would like to begin the sharing?”

**[IF SHARES STOP AND SOMEONE HASN'T SHARED:** Say “We have plenty of time left if those who haven't shared, want to share. Otherwise we won't get to know you.”

**IF THERE IS STILL PLENTY OF TIME LEFT:** Then say “Everyone has shared, we still have time, so I will set a timer for (2-3 minutes – leader discretion) for everyone to meditate or gather their thoughts for a chance to share again.

**AT END OF TIMER:** “The floor is open for people to share again”

**IF SHARES STOP AGAIN:** Then say “I'm perfectly happy to sit in silence while you gather your thoughts” or do group conscience to end the meeting]

CLOSING: “By following the Twelve Steps, attending meetings regularly, and using the OA Tools, we are changing our lives. You will find hope and encouragement in Overeaters Anonymous.

**[To the newcomer,** we suggest attending at least six different meetings to learn the many ways OA can help you. “There are many different types of meetings, all of which are available to support your recovery from compulsive eating. We welcome you to this meeting whenever you would care to attend. There are other face-to-face meetings and virtual (phone and technology-based) meetings that you may find helpful. Information about these meetings can be found on [oa.org](http://oa.org).]

“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. Whom you see here, What you hear here, When you leave here, Let it stay here. (HEAR! HEAR!) Let us all reach out by phone or email to newcomers, returning members, and each other. Together we get better.

“After a moment of silence, will those of you who wish please join us in the Serenity Prayer.