

-Welcome to the Thursday 5:30 meeting of Overeaters Anonymous. My name is \_\_\_\_\_.

I am a compulsive eater and your leader for this meeting. 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.

Whatever problem you have with food, you are welcome at this meeting. Is there anyone here for the first time? Please tell us your name.

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. 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 overeating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

Abstinence in overeaters anonymous is the action of refraining from compulsive overeating 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 twelve step program.

[Ask someone to read the twelve steps of overeaters anonymous. If newcomer's are present, read our invitation to you]

[Ask someone to read the twelve traditions of overeaters anonymous]

According to our seventh tradition we are self-supporting through our own contributions, though our meeting doesn't have any expenses, the inter group does pay for Zoom so we can have our meetings online. To make a contribution to the intergroup, you can send a check to the address in the chat. (Melanie P, 5204 Falling Leaves Lane, McFarland WI 53558; identify the meeting in the memo). We use the chat for our We Care list. Write your information there if you are comfortable doing so. Take names and numbers if you wish.

Are there any OA announcements?

This is a literature meeting. We are reading the AA Big Book. We are on p \_\_\_\_ starting with "\_\_\_\_\_". Someone will start us off and then I will call on several people to read. Please feel empowered to pass. Before you start reading, please pause and see if anyone wants to share.

As you share your experience in OA, 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. 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. We also refrain from mentioning food at this meeting.

About 5 minutes before the end of the meeting, have someone read the Promises. (In the Big Book, p 83 short or long form as desired)

Closing: 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. After a moment of silence for those who still suffer, will those who wish please join me in the serenity prayer.

## The 12 Steps of OA

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

## The 12 Traditions of OA

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.