

OVEREATERS ANONYMOUS

Wednesday Mashpee Meeting Format via Zoom/Phone

<https://us04web.zoom.us/j/85250266150>

Meeting ID: 852 5026 6150

Password: 106043

(By phone, call: 1-929-205-6099, then use meeting ID #)

(6:30) OPENING: Welcome to the Mashpee Wednesday night meeting of Overeaters Anonymous. My name is _____, and I am the leader for tonight's meeting.


This meeting has moved to a virtual location and, with it, comes the increased importance of respecting the anonymity of all who attend.

A reminder: When you are not speaking, please mute yourself. Those on the phone can mute or unmute yourself by pressing the mute button on your phone, or by pressing star (*) 6.

Is there anyone here for the first or second time or returning? If so, would you give us your first name only, so we may welcome you? We encourage newcomers to stay on the phone after the meeting ends to ask questions and get members' phone numbers.

SERENITY PRAYER: Will those of you 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.*

 During this meeting, if you would like to share, please raise your hand (or, if on the phone line, identify yourself).

 Would everyone now please go on mute.

OUR INVITATION TO YOU: Would someone offer to please read "*Our Invitation To You*"?

STEPS AND TRADITIONS:

Would someone offer to read the **Twelve Steps**.

Would someone offer to please read the **Twelve Traditions**.

TOOLS OF RECOVERY:

We will now share on the individual **Tools** of the program. Leader to begin by reading the “Introduction” to the *Tools of Recovery (attached)*.

Who would like to read and/or share (briefly) on the tool of:

- **A Plan of Eating**
- **Sponsorship**

Will all sponsors please introduce yourself, say where you are from, and if you have time to take on a new sponsee or are willing to help someone get started.

- **Meetings**
- **Telephone**
- **Writing**
- **Literature**
- **Action Plan**
- **Anonymity**
- **Service**

7th TRADITION: One suggestion is to periodically (perhaps monthly) send a 7th Tradition check to our meeting Treasurer. Please check ‘Chat’, or stay on the line after the meeting ends, for details about how to send in donations. Donations allow us to offer ongoing support to Cape Cod Intergroup, Region 6 and World Service.

On the 2nd Wednesday of the month, a business meeting will be held immediately after the meeting. Everyone is invited to attend.

ANNOUNCEMENTS: Does the Secretary have any announcements? Intergroup Rep? Are there any other OA announcements?

WEEKLY FORMATS:

- **1st Wednesday of the month: NEWCOMERS MEETING (with speaker).** Meeting should focus on newcomers. Speaker shares for 10-15 min, focusing on what you were like, what happened and what you are like now.
- **2nd Wednesday of the month: READ OA TRADITION OF THE MONTH:** (Ask members to read a paragraph, or two, and share).
- **3rd Wednesday of the month: ROUND ROBIN** (The leader may choose a **topic** for discussion or simply allow each member to share, or pass, as they choose.)
- **4th Wednesday of the month: READ OA STEP OF THE MONTH:** (Ask members to read a paragraph, or two, and share).
- **5th Wednesday of the month: LEADER’S CHOICE TO READ OA-APPROVED LITERATURE**

MEETING IS OPENED FOR DISCUSSION: Open sharing, or leader may choose a topic. Please limit the time to share to 2-3 minutes to allow time for others to share.

(7:25) CLOSING: Thank you all for sharing. Remember, the opinions expressed at this meeting are the personal opinions of those who shared, not of OA as a whole. Take what you like and leave the rest. Please don't forget each other during the week. We don't have to be alone. Phone calls help us achieve and maintain abstinence. They help you and the person you call. Keep in close contact with your sponsor and attend as many OA meetings as you can.

PROMISES and CLOSING:

Would someone offer to read *The Promises* of the program, from page 83-84 of the *Alcoholics Anonymous*.

After a moment of silence, will all who wish please join me in the *Serenity Prayer*.

(Format revised 12/1/20)

Invitation to You

We of Overeaters Anonymous have made a discovery. At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health, and self-confidence, which some of us had once possessed, were no defense against it.

We have learned that the reasons for the illness are unimportant. What deserves the attention of the still-suffering compulsive overeater is this: There is a proven, workable method by which we can arrest our illness.

The OA recovery program is patterned after that of Alcoholics Anonymous. As our personal stories attest, the Twelve Step program of recovery works as well for compulsive overeaters as it does for alcoholics.

Can we guarantee you this recovery? The answer is up to you. If you will honestly face the truth about yourself and the illness; if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover.

To remedy the emotional, physical, and spiritual illness of compulsive eating, we offer several suggestions, but keep in mind that the basis of the program is spiritual, as evidenced by the Twelve Steps.

We are not a “diet club.” We do not endorse any particular plan of eating. In OA, abstinence is the act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Once we become abstinent, the preoccupation with food diminishes and in many cases leaves us entirely. We then find that, to deal with our inner turmoil, we have to have a new way of thinking, of acting on life rather than reacting to it—in essence, a new way of living.

From this vantage point, we begin the Twelve Step program of recovery, moving beyond the food and the emotional havoc to a fuller living experience. As a result of practicing the Steps, the symptoms of compulsive eating and compulsive food behaviors are removed on a daily basis, achieved through the process of surrendering to something greater than ourselves; the more total our surrender, the more fully realized our freedom from food obsession.

*The Twelve Steps of Overeaters Anonymous**

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.

But I'm too weak. I'll never make it!" Don't worry, we have all thought and said the same thing. The amazing secret to the success of this program is just that: weakness. It is weakness, not strength, that binds us to each other and to a Higher Power and somehow gives us the ability to do what we cannot do alone.

If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone anymore. Welcome to Overeaters Anonymous. Welcome home!

*Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

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*The Twelve Traditions of Overeaters Anonymous**

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.

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OAs “Tools of Recovery” Introduction

(INTRODUCTION) In working Overeaters Anonymous’ Twelve-Step program of recovery from compulsive overeating, we have found a number of tools, A Plan of Eating, Sponsorship, Meetings, Telephone, Writing, Literature, Action Plan, Anonymity and Service, to assist us. We use these tools regularly to help us achieve and maintain abstinence and recover from our disease.

In Overeaters Anonymous (OA), the Statement on Abstinence and Recovery is “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 the Overeaters Anonymous Twelve-Step program.” Many of us have found we cannot abstain from compulsive eating unless we use some or all of OA’s nine tools of recovery to help us practice the Twelve Steps and Twelve Traditions.

The Tools of Recovery (abridged)

A Plan of Eating

A plan of eating helps us abstain from compulsive eating. (See the pamphlet *Dignity of Choice*.) This tool helps us deal with the physical aspects of our disease and achieve physical recovery.

Sponsorship

We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional, and spiritual. Find a sponsor who has what you want and ask that person how he or she is achieving it.

Meetings

Meetings give us an opportunity to identify our common problem, confirm our common solution through the Twelve Steps and share the gifts we receive through this program. In addition to face-to-face meetings, OA offers telephone and online meetings.

Telephone

Many members call, text or e-mail their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.

Writing

Putting our thoughts and feelings down on paper helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them.

Literature

We read OA-approved books, pamphlets and Lifeline magazine. Reading literature daily reinforces how to live the Twelve Steps and Twelve Traditions.

Action Plan

An action plan is the process of identifying and implementing attainable actions that are necessary to support our individual abstinence. Just like our plan of eating, it may vary widely among members and may need to be adjusted to bring structure, balance and manageability into our lives.

Anonymity

Anonymity guarantees we will place principles before personalities and assures us that only we have the right to make our membership known within our community. Anonymity at the level of press, radio, films, television and other public media of communication means that we never allow our faces or last names to be used once we identify ourselves as OA members.

Within the Fellowship, anonymity means that whatever we share with another OA member will be held in respect and confidence. What we hear at meetings should remain there.

Service

Any form of service that helps reach a fellow sufferer adds to the quality of our own recovery. Members can give service by getting to meetings, putting away chairs, putting out literature and talking to newcomers. Beyond the group level, a member can serve as intergroup representative, committee chair, region representative or Conference delegate.

As OA's responsibility pledge states: "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

See the full *Tools of Recovery* pamphlet for more information.

THE PROMISES

“If we are painstaking about this phase of our development, we will be amazed before we are halfway 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.”

Page 83-84, [Alcoholics Anonymous](#).