

EASTHAM

Tuesday Evening

O.A. Step Study

Zoom

Meeting Format

Meeting ID: 898 8619 8992

Password: 652 737

From Phone: 1 929 205 6099 (US New York)

1 312 626 6799 (US Chicago)

Overeaters Anonymous
Tuesday Evening Meeting
6:30-7:30 pm
Zoom Meeting

Revised 01/27/2021 By Gerry Emmert

(Due to the Corona Virus situation, Face-To-Face meetings have been suspended indefinitely. We are using ZOOM to conduct our Meetings on-line until further notice.)

The **Zoom Host** (Volunteers change monthly) will Open the Zoom Meeting **by 6:25 pm.**

The **Meeting Leader** will check to see who is connected to the meeting and record the names on a first come first serve basis.

The **Leader** will then use the list of participants, in the order received, to call on people to read the prescribed readings (See Page 3) and also to read a paragraph or two from the OA 12 and 12 book. Of course, anyone may pass if they wish.

After the reading, the **Leader** will ask if anyone has joined the meeting since the reading started in order to add them to the list of people who will share.

The **Leader** will ask all participants to Mute except those speaking at the time.

Finally, the **Leader** will ask for a volunteer to lead the meeting the following week.

AT 6:30 PM:

Welcome to the Tuesday evening meeting of Overeaters Anonymous. My name is _____, and I am a compulsive overeater and the leader for this meeting.

After a moment of silence, would all those who wish to, 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.”

Are there any other Compulsive Overeaters here tonight besides myself?

Is there anyone here for the **first, second, or third time**, and if so, please unmute and give us your first name so that we may welcome you? (*pause*)

Would someone volunteer to speak to the newcomers after the meeting?

(Note to Leader: the Newcomer Packets are available thru Jane C on request)

It is suggested that newcomers and members in trouble stay after the closing to ask questions, talk with others, and attend at least six (6) different meetings.

This meeting has found the following **disciplines** to be effective:

1. All attending the meeting are welcome to share. At this meeting we encourage the sharing of experience, strength, and hope. It is suggested that sharing remain on the Step being studied this evening.
2. It is suggested that there be no mention of specific foods as this may trigger someone else's compulsion.

3. 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/sharing at the time.
4. In accordance with the Traditions and Principles of OA, we ask that you refrain from referencing non-Conference approved literature.
5. Would all sponsors who have time to take on a new sponsoree please put their name and phone number in the chat box.
6. Would someone volunteer to be the timekeeper?

Would _____ please read the [Preamble](#)? (on page 6)

Would _____ please read [Our Invitation to You](#)? (on page 7)

Would _____ please read [The Twelve Steps](#)? (on page 8)

Would _____ please read [The Twelve Traditions](#)? (on page 9)

Are there any **announcements**?

Our **format**:

The **first, second, third, and fifth** Tuesdays of the month are **OA Step Study** meetings.

Each member reads a paragraph or two from the OA Twelve Steps and Twelve Traditions Book. Do not introduce yourself at this time.

After the Step has been read, we will have open sharing by going around the room beginning with the person after the last to read. Please introduce yourself at that time.

Please **limit your share to 2 to 3 minutes. So that all may have time to share.**

If we run out of time, we will ask the remaining people to just introduce themselves.

If you are having a problem, please feel free to discuss it with someone after the meeting.

The **fourth** Tuesday of the month is a **Traditions** meeting.

The Group reads from the Tradition corresponding to the month number.

There will be a **Business Meeting** after the meeting on the **fourth** Tuesday of the month. All are encouraged to participate.

The Seventh Tradition requires us to be self-supporting.

You can send donation checks to:

Elaine Lobay
4 Settlers Trace
Eastham, MA 02642

or hold them until we resume our face-to-face meetings.

Donate what you can. We need you more than your money.

Begin Readings.....

Closing:

Would all sponsors, whether you have time or not, please raise your hand?

Thank you for giving me the opportunity to give service at this meeting. Please remember that this is an anonymous program. What you hear here, when you leave here, let it stay here. (HERE, HERE)

The Group reads **I Put My Hand In Yours (on page 10)**.

After a moment of silence, would all those who wish to, join me in the **Step 3 Prayer**.

“God, I offer myself to Thee – to build with me and 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 , and Thy Way of Life. May I do Thy will always!”

PREAMBLE

Overeaters Anonymous is a fellowship of Individuals who, through our 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.

Our 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 found 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. We use AA's Twelve Steps and Twelve Traditions, changing only the words "alcohol" and "alcoholic" to "food" and "compulsive overeater."

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 overeating 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 symptom of compulsive overeating is 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

Here are the Steps as adapted for 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 any more. Welcome to Overeaters Anonymous. Welcome home!

The Twelve Traditions

- 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. OA 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. OA has no opinion on outside issues; hence the OA name ought never to 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.**

I Put My Hand In Yours

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 a power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.