

**OVEREATERS ANONYMOUS**  
**2:00 HARWICH**  
**ZOOM DISCUSSION MEETING**  
**ID: 832 1609 3484**  
**PASSCODE: 585 244**

Leader's Notes

1. At 1:45 the leader and a trained Host should sign into Zoom.
2. Choose the topic for today.
3. As members log on, you welcome them and ask if the host can add their name to the screen if it is not there already.
4. Ask for volunteers to read *The Preamble, The Steps* and *Our Invitation to You during meeting*.
5. Ask for a trained Co-Host to volunteer to back up Host.
6. Before the meeting begins ask again if any members have joined and welcome them too. For Zoom meetings – you will see the Video participants and a name; for Phone participants – you will see a phone icon and will need to ask the person for their name so it can be added to the screen.
7. At 2:00 ask all participants to mute their video screen using their mute icon (usually located in the lower left corner of screen) and to mute their phones with “star 6.” (They can use “star 6” to unmute later when they talk.)

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- **WELCOME** to the Monday Harwich Discussion Meeting of Overeaters Anonymous. My name is \_\_\_\_\_ and I am a compulsive overeater and your leader for this meeting today.
- Please unmute if you wish and join me in a moment of silence followed by the **SERENITY PRAYER?** *“God grant me the serenity ...”*
- We welcome all who want to stop eating compulsively. At this meeting we read from For Today and Voices of Recovery.
- Is there anyone here for the 1st or 2nd time? If so, please give us your first name so we can welcome you. Be sure to get newcomers information on [oa.org](http://oa.org) or [capecodoa.org](http://capecodoa.org). We encourage newcomers and members having trouble to stay on after the meeting ends to ask questions and get members' phone numbers.
- Are there any **OA ANNOUNCEMENTS** ?
- Would someone please read the **PREAMBLE** ?
- Would someone please read **OUR INVITATION TO YOU** ?
- Would someone please read **THE TWELVE STEPS** ?
- This is the \_\_\_\_\_ month of the year, so I will read OA's \_\_\_\_\_ **TRADITION**
- OA is self-supporting , to honor the **7th TRADITION** periodically (perhaps monthly) send a 7th Tradition check to our meeting Treasurer (see name and address in CHAT.) Periodic donations allow us to offer ongoing support to Cape Cod Intergroup, Region 6 and World Service.

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- At this meeting the following **DISCIPLINES** are encouraged:
  - 1) We ask that you refrain from cross talk and stay muted unless it is your turn to speak.
  - 2) Please do not mention specific foods for that may trigger someone else's compulsion.
  - 3) Please turn off your video if you need to move around your room.
  - 4) Coffee, water, and tea are allowed at this meeting.
  
- The **TOPIC** today is \_\_\_\_\_. We will each read a page about \_\_\_\_\_ from either "*Voices of Recovery*" or "*For Today.*" You may then share your experience, strength or hope on that topic. *(If it is a large meeting, time each speaker so the whole group may have time to share today.)*
  
- *(Read this on the 3rd Monday of the month only.)* We will close 5 minutes early today to have a brief business meeting. All those who wish to give service are welcome to attend.
  
- Would all **SPONSORS**, *whether you have time available or not*, unmute, introduce yourself and tell us which town you're from.
  
- **THANK YOU** for giving me the opportunity to give service today. Please remember that this is an anonymous program. "*What you hear here, who you see here, let it stay here.*"
  
- Would someone please read **THE PROMISES** from the AA Big Book.
  
- Would everyone who cares to please unmute and join me in **I PUT MY HAND IN YOURS . . .**

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**PREAMBLE**

**O**vereaters 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.**

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**[Our invitation to you](#)**

**W**e 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.

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Here are *The Steps* we took, which are suggested as a program of Recovery:

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.

**Many of us exclaimed, “What an order!” I can’t go through with it.” Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.**

**Our description of the compulsive overeater, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas.**

- a. That we were compulsive overeaters and could not manage our lives.
- b. That probably no human power could have relieved our compulsive overeating.
- c. That God could and would if He were sought.

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**[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.

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**Promises\***

*\*From the AA Big Book page 83*

**W**e 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.



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**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.