

Overeaters Anonymous  
Saturday Morning Zoom Meeting  
9:00-10:00 am

<https://us04web.zoom.us/j/81495702882>

**Meeting ID: 814 9570 2882**

**Password: 525811**

**(By Phone Call: 1-929-205-6099, then use meeting ID #)**

Welcome to the Saturday morning meeting of Overeaters Anonymous.  
My name is \_\_\_\_\_, and I am this month's meeting Leader.  
This is a 60-minute meeting and will end at 10:00 AM.

If you are joining via telephone, please use \*6 on your keypad to mute and unmute, and \*9 to raise and lower your hand. If you are joining via iPad or computer, look under 'MORE' or 'REACTIONS' for the ability to electronically raise your hand.

Would all those who wish to, please 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.”***

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

If you share your home with others, please use your device in an area where the screen can't be viewed by others, and please use headphones if members speaking might be heard by others.

Please pay attention to the meeting as if you were attending a live meeting. If you must move, or are otherwise distracted, please use the 'Stop Video' feature on your screen so as to not distract others attending the meeting.

In this meeting the purpose of the 'Chat' feature is for program business only. Please do not use the 'Chat' feature for socializing during the meeting.

Members who are willing to receive phone calls have added their name to the phone list. If you would like to be added to the phone list or need a copy of the list, please let the meeting Secretary know following the meeting.

Would someone please read the **“Preamble”**?

This meeting has found the following disciplines to be effective:

1. All attending the meeting are welcome to share. It is suggested that sharing be limited to 2-3 minutes so all who wish to share today will have time.
2. Everyone should be muted unless speaking. Those on the phone can mute or unmute yourself by pressing the mute button on your phone, or by pressing star (\*) 6.
3. It is suggested that there be no mention of specific foods as this may trigger someone else's compulsion. No food or beverages at this meeting except for water.
4. 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.
5. If you are joining via telephone, please use \*6 on your keypad to mute and unmute, and \*9 to raise and lower your hand. If you are joining via iPad or computer, look under 'MORE' or 'REACTIONS' for the ability to electronically raise your hand.

Would someone please read [Our Invitation To You](#)

Would someone please read [The Steps?](#)

Would someone please read [The Twelve Traditions?](#)

**The Definitions of 'Abstinence' and 'Recovery in Overeaters Anonymous:**

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 and working the Overeaters Anonymous Twelve Step program on a daily basis.

Leader now reads the **Introduction to The Tools of Recovery (abridged)**

Would someone please share on the tool of

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

Will all sponsors please introduce themselves, and say where they are from? Say 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

Are there any newcomers or visitors to this meeting for the first, second, or third time? If so, please give us your first name and where you come from.

Would the greeter for this meeting give their first name? We encourage newcomers to stay on after the meeting ends to ask questions and get members' phone numbers. Also, newcomers' information is available on OA.org.

**OA is self-supporting.** One suggestion is, periodically (perhaps monthly), to send a 7th Tradition check to our meeting Treasurer. Please stay on the line after the meeting ends for details about how to send in donations. Periodic donations allow us to offer ongoing support to Cape Cod Intergroup, Region 6 and World Service.

On the 2<sup>nd</sup> Saturday of the month, a business meeting is held immediately after the meeting. Everyone is invited to attend.

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

If you would like to be added to our telephone and email list, or if you need a copy of the list, please stay on the line after the meeting for information sharing.

On the 1st Saturday of the month, the leader will facilitate a round robin discussion. *(The leader may choose a topic for discussion or simply allow each member to share, or pass, as they choose)*

On the 2<sup>nd</sup> Saturday Speaker Meeting

On the 3<sup>rd</sup> Saturday Speaker Meeting

On the 4<sup>th</sup> and 5<sup>th</sup> Saturday of the month, Leaders Choice

It is suggested that the speaker limit his/her talk to 15 minutes so there will be time for others to share later in the meeting. (Leader may provide a 2-5 minute warning to the speaker)

The meeting is now open for sharing. Please limit your talk to 2-3 minutes, so others will have time to share.

(At 9:55 a.m.) Anonymity.... “Who you see here, and what you hear here, stays here”. The opinions expressed here today are those of the individual OA members and do not represent OA as a whole.

(Leader or choose someone else) Read the “**Promises**” (*Big Book*, pg. 83)

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

*Format Revised 11/13/21*

## 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 compulsive food behaviors 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 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.

*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!

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

## 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 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.**



## **The Tools of Recovery (abridged)**

As we work the Overeaters Anonymous Twelve Step program of recovery from compulsive eating, we have a number of Tools to assist us. We use these Tools – a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service – on a regular basis, to help us achieve and maintain abstinence and recovery from our disease.

### **A Plan of Eating**

As a Tool, a plan of eating helps us achieve from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where, and why we eat. (See the pamphlet *A New Plan of Eating* for more information.). 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 all three levels of our program of recovery: physical, emotional, and spiritual. Find a sponsor who has what you want and ask that person they are achieving it.

### **Meetings**

Meetings give us an opportunity to identify our common problem, confirm our common solution, and share the gifts we receive through this Twelve Step program. In addition to face-to-face meetings, OA offers telephone and other types of virtual meetings that are useful in breaking through the deadly isolation caused by distance, illness, or physical challenges.

### **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, or describing a troubling or joyous incident, helps us to better understand our actions and reactions in a way that is often not revealed by simply thinking or talking about them.

### **Literature**

We read OA-approved literature, which includes numerous books, study guides, pamphlets, wallet cards, and selected Alcoholics Anonymous texts. All this material provides insight into our disease and the experience, strength, and hope that there is a solution for us.

## Action Plan

Creating an action plan is the process of identifying and implementing attainable actions to support our individual abstinence and emotional, spiritual and physical recovery. This Tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

## Anonymity

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities (Tradition Twelve). Anonymity assures us that only we, as individual OA members, have the right to make our membership known to others. 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 (Tradition Eleven).

Within the Fellowship, anonymity means that whatever we share with another OA member will be respected and kept confidential. What we hear at meetings should remain there.

## Service

Any form of service – no matter how small - that helps reach a fellow sufferer adds to the quality of our own recovery. Members who are new to OA can give service by attending meetings, sharing, and putting away chairs. All members can also give service by putting out literature, welcoming newcomers, hosting a virtual meeting, or doing whatever is needed to help the group. Members who meet specified requirements can give service beyond the group level by serving as the intergroup, service board, region, or world service level.

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.

## Promises\*

\*From the AA Big Book page 83

If we 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.