

OVEREATERS ANONYMOUS

**Wednesday Mashpee Meeting Format (Face-to-Face/Zoom/Phone)**

**Christ the King Church**  
5 Job's Fishing Rd., Mashpee, MA 02649  
(Enter through rear entrance)

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<https://us04web.zoom.us/j/8525026610>

**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.

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 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.*

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. No handicrafts or smoking.
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.
6. 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**.

**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.

(Business Conference Policy Manual, 1988b [amended 2019, 2021])

**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 (abridged)*.

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 7<sup>th</sup> Tradition check to our meeting Treasurer. Please check 'Chat', or stay on 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 2<sup>nd</sup> 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 minutes, 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 book of *Alcoholics Anonymous*.

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

(Format revised 2/13/22)

## Our Invitation to You

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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 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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Overeaters Anonymous, Inc.  
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6075 Zenith Ct. NE, Rio Rancho, NM 87144-6424 USA [www.oa.org](http://www.oa.org)  
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## The Twelve Traditions of Overeaters Anonymous\*

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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.

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## The Tools of Recovery (abridged)

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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 abstain 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 how 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 at 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.

## The Promises

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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.

**Pages 83-84 *Alcoholics Anonymous***