

**Dennis**

**Saturday Morning**

**ZOOM**

**O.A. Meeting**

**Format**

This Document is maintained electronically as a MS-WORD document  
by Gerry E.

Updated: March 18, 2023

Overeaters Anonymous  
Saturday Morning Meeting  
9:00-10:00  
Zoom Meeting Format  
Revised 03/18/2023

Zoom ID: 842 8177 7988

On the last Saturday of each month we will have a Round Robin. We will read the tools without sharing. We will then start the Round Robin sharing with a spiritual timekeeper. Sharing is limited to 2 minutes. The Chair will ask for a volunteer to keep time. At 9:40 am, the Chair will announce the 7<sup>th</sup> tradition, ask for announcements. When announcements are over, ask if anyone wants to share. If/when there are no more people to share, the round robin will continue.

“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. Please take this opportunity to mute your electronic device. 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.”*

“Would \_\_\_\_\_ please read the **“Preamble”**? (see Page 5)

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

1. We wish to emphasize that there be no mention or description of specific foods as this may trigger someone else’s compulsion. No food at this meeting.
2. “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.”

3. In accordance with the Traditions and Principles of OA, we ask that you refrain from referencing non-Conference approved literature.
4. As a courtesy to all members and to ensue your anonymity, as well as that of other participants, we ask that you do the following:
  - a. Please sign in with your first name only and if you wish to, add your phone number.
  - b. Make sure only OA members can see and hear the meeting.
  - c. Once the meeting starts, please mute your device unless you are the person speaking.
  - d. If you are moving around during the meeting, please turn off the video on your device.
5. Anyone who phoned into the meeting that would like their name added to the virtual screen, please unmute now and give us your first name.
6. We encourage those who are available to sponsor and those who need a sponsor to post your contact information in the chat box.

Would \_\_\_\_\_ please read [Our Invitation to You?](#) (see Page 6)

Would \_\_\_\_\_ please read [The Steps?](#) (see Page 7)

*Leader now reads the tradition of the month from [The Twelve Traditions?](#) (see Page 8)*

*Leader now reads the introduction to [The Tools of Recovery.](#) (see Page 9)*

**All attending the meeting are welcome to share. It is suggested that sharing be limited to 2 minutes so all who wish to share today will have time.**

Would \_\_\_\_\_ please read and/or share on the tool of [A Plan of Eating?](#) (see Page 10)

Would \_\_\_\_\_ please read and/or share on the tool of [Sponsorship?](#) (see Page 10)

**Will all sponsors please raise their hands?**

- ....[Meetings?](#) \_\_\_\_\_ (see Page 10)
- ....[Telephone?](#) \_\_\_\_\_ (see Page 10)
- ....[Writing?](#) \_\_\_\_\_ (see Page 10)
- ....[Literature?](#) \_\_\_\_\_ (see Page 11)
- ....[Action Plan?](#) \_\_\_\_\_ (see Page 11)
- ....[Anonymity?](#) \_\_\_\_\_ (see Page 11)
- ....[Service?](#) \_\_\_\_\_ (see Page 11)

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

**(If there are newcomers) Please remain after the meeting to speak with someone about the program.**

[Speaker Qualifies.](#) “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.”

(Thank the Speaker.)

OA is self supporting. Donate what you can. We need you more than your money. 7<sup>th</sup> Tradition contributions can be made to the Group Treasurer, [Sheila](#). Her information is posted in the Chat box.

If you would like to be added to this group’s printed phone list or update your phone information, please speak to [Linda H.](#) after this meeting.

“Does the **secretary (Alice)** have any announcements?  
Does the **Inter-Group Rep (Linda H.)** have any announcements?  
Are there any **other OA announcements?**”  
Please unmute and speak.

(On the last Saturday of the month only, Leader checks the service sign-ups and announces the name of next month’s meeting leader.)

The meeting is now open for sharing, please limit your talk to 2 minutes, so others will have time to share also. **The leader will time the speakers.**

As a reminder, 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.” Simply thank the speaker and address your experience, strength, and hope to the group.

(At 10:00 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.

Read the “**Promises**” (see Page 12)  
(Leader may read or choose someone from the group to read.)

“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.”***

## **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.**

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.

“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!



## **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.**

## [The Tools of Recovery Introduction](#)

In working Overeaters Anonymous' Twelve Step-Program of Recovery from compulsive overeating, we have found that there are number of tools to assist us. We use these tools- *A Plan of Eating*, *Sponsorship*, *Meetings*, the *Telephone*, *Writing*, *Literature*, *Action Plan*, *Anonymity* and *Service* -on a regular basis, to help us achieve and maintain abstinence.

“**ABSTINENCE** in Overeaters Anonymous 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.”

In the interest of time, this group uses the short form of the tools. Please refer to this pamphlet to read the long version.  
*(Hold up Pamphlet)*

## 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 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 email 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 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.](#)

## 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.