

SATURDAY MORNING DENNIS NEWCOMERS MEETING FORMAT

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Welcome to the Dennis Saturday Morning meeting of Overeaters Anonymous.

My name is ----- . I am a compulsive overeater and your leader for this meeting. The purpose of this 30-minute meeting is to introduce newcomers to our program of recovery.

We begin our OA meeting with the Serenity Prayer. Please unmute yourself if you would like to say the prayer with me.

“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.”

The OA Preamble:

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating.

We welcome anyone 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 overeating and compulsive food behaviors, and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

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.

The OA Tools of Recovery help us work the Steps and refrain from compulsive overeating. The nine tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, an action plan, anonymity, and service. For more information about the tools go to oa.org.

We will now go around the room and introduce ourselves by our first names only. Please let us know if you are new to OA or how long you have been in OA.

We have invited ----- to share his/her experience strength and hope in OA with us today. The speaker will express his/her individual opinions and personal experience. No one speaks for OA as a whole or even for the group. The speaker will let newcomers know what it

was like when they came to the program and what it is like now. (10 minutes - give a one-minute warning)

Thank the speaker for sharing their experience, strength and hope.

Are there any OA announcements?

The meeting is now open to sharing!

To all Newcomers it is suggested you attend at least 6 meetings to learn the many ways OA can help you. We welcome you to remain after this meeting to discuss the program and answer any questions you may have. For a complete list of meetings please go to capecodoa.org or oa.org.

Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the 12 Steps and 12 Traditions of OA to the best of their ability. Sponsors share their program up to the level of their experience, and they strengthen their recovery through this service to others. If you are available to sponsor or help someone get started, please put your contact information in the chat.

Literature: OA offers excellent books and pamphlets that help us understand and work this program of recovery. The Newcomers pamphlet "Where Do I Start?" will give Newcomers an introduction to OA and answer frequently asked questions. This and other OA/AA approved literature can be ordered on oa.org or as e-book versions on Amazon or Apple. Cape Cod Inter-group also has paper copies available to send via U.S. mail at no charge.

The opinions expressed here today are those of individual OA members and do not represent OA as a whole. Please remember our commitment to honor each other's anonymity. Whom you see here, what you hear here, when you leave here, let it stay here. Let us reach out to newcomers, returning members, and each other. Together we get better.

Thank you for allowing me to be your leader today. After a moment of silence, all who wish to, may 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."