

## Overeaters Anonymous

Revised April 2025

Welcome to the Friday morning 9am ZOOM meeting of Overeaters Anonymous. My name is \_\_\_\_\_ and I am a compulsive overeater and the leader for this meeting. Will all 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***

Are there any other Compulsive Overeaters here today beside myself?

At this meeting we encourage the sharing of experience, strength, and hope. It is suggested that newcomers and members in trouble stay after the closing to ask questions and talk with others and attend at least six (6) different OA meetings. The following disciplines are observed: we ask that those who share refrain from cross talk and advice giving. Also, please do not mention specific foods as this may trigger someone else's compulsion.

**Please mute your device when not speaking.**

- \* Will someone please read the Preamble on page 1?
- \* Will someone please read Our Invitation to You on page 2?
- \* Will someone please read the Twelve Steps and the two paragraphs at the end on page 3?
- \* Will someone please read the Twelve Traditions on page 4?
- \* Leader reads the spiritual principles for the step and tradition of the month found in OA 12 and 12 and on separate sheets in this packet.
- \* Will someone please read the Preamble to the Tools on page 5?

Is there anyone here for the first, second or third time? If so, will you please give us your first name so we may welcome you? Would someone volunteer to speak to the newcomer(s) after the meeting? A newcomer packet can be sent to you if you leave your contact information in the "chat room." Please refer to the [capecodoa.org](http://capecodoa.org) website for more information.

Seventh Tradition: During this time of online meetings the Seventh Tradition, which requires us to be self-supporting may be met by placing money in an envelope and mailing it to the treasurer whose address is in the chat room. Your presence and sharing of your experience, strength and hope is most important to us. OA World Service suggests a \$3-\$5 donation. However, give what you can, we need you more than your money.

Are there any OA announcements? Second reminder: Please mute your microphone when not speaking.

**Format:** Our format changes weekly (read this weeks' format)

**1st Week is a Step meeting.** Using the book entitled *The 12 Steps And 12 Traditions Of Overeaters Anonymous* 2<sup>nd</sup> edition, each member reads a paragraph or two from the Step which corresponds to the current month and may comment, or not, as he/she chooses. After the Step has been read completely the meeting is open for sharing.

**2nd Week is a tool meeting.** A business meeting will follow this from 10 to 10:15 AM. The leader qualifies for 5 minutes and then members take turns reading and/or sharing on a tool. Upon completion of all the tools the meeting is open for further sharing. At 10 am close the meeting according to the format and invite all to stay for a brief business meeting.

**3rd Week is a Big Book meeting.** We begin reading in the AA Big Book where we left off in the previous month. Each member reads a paragraph or two and may comment or not as he/she chooses. After everyone has read the meeting is open for sharing.

**4th Week is a Tradition meeting.** Using the book entitled *The 12 Steps And 12 Traditions Of Overeaters Anonymous* 2<sup>nd</sup> edition, each member reads a paragraph or two from the Tradition which corresponds to the current month and comments, or not as he/she chooses, on the reading. After the Tradition has been read completely the meeting is open for sharing.

**5th Week is OA Book 3rd Edition Reading.** Beginning where we left off during the last months with five weeks, each member reads a paragraph or two and may comment or not as he/she chooses. After everyone has read, the meeting is open for sharing.

**Closing:** Will all sponsors please raise your hand and give us your first name and the town you are from and say if you have time to sponsor or help someone get started? Please put your phone number either in the chat room or by your name on the screen.

Thank you for giving me the opportunity to give service at this meeting. Please remember that this is an anonymous program. What we hear here and whom we see here, let it stay here.

Will someone please read the 9<sup>th</sup> Step promises using an AA Big Book (pages 83-84)?

Will everyone who wishes to after a moment of silent meditation, join me in the Serenity Prayer?

Revised for online meetings in April 2025