

Overeaters Anonymous Cape Cod Intergroup

capecodoa.org

8 AM Sunday

Nantucket Literature Meeting

Last revised 11/12/25

Zoom ID: 813 8762 5883

Zoom Password: 447321

SECURITY SUGGESTIONS

If newcomers to this meeting arrive and do not show their faces, the Leader or Host should say "May I see your face briefly for security reasons AND to welcome you to this meeting."

Do not admit Newcomers once the screen sharing begins.

- 1. Welcome to the Sunday Literature Meeting of Overeaters Anonymous. This meeting originated on the Island of Nantucket, part of Cape Cod in Massachusetts. My name is _____, and I am this month's meeting leader. We read and discuss 8 OA books. We are reading and discussing the OA book _____ this month. Don't worry if you do not own this book, we will screen share it later.**
- 2. This is a 60 minute meeting and will end at 9:00 AM.**



Read 1st Sunday

**Since this is the first Sunday of the month we will have a business meeting immediately after today's meeting. There will also be a breakout room for newcomers or anyone with questions at the end of the meeting if needed.*

- 3. After a moment of silence, would all those who wish, unmute and 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 the wisdom to know the difference.*

- 4. Would someone please read the "Preamble?"**

Preamble

Overeaters Anonymous is a Fellowship of individuals who, through 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.

5. This meeting has found the following disciplines to be effective:

- A. Feedback, cross talk and advice-giving are discouraged here.**
Cross talk during a 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.
- B. In accordance with the Traditions and Principles of OA, we ask that you refrain from referencing non-Conference-approved literature.**
- C. As a courtesy to all participants and to ensure anonymity we ask that you please do the following:**
 - i) Sign in with your first name only and if you wish to, add your phone number.**
 - ii) Assure only OA members can see and hear this meeting.**
 - iii) Mute your device unless you are the person speaking.**
 - iv) Turn off your video if you are moving around.**
 - v) Post your contact information in Chat if you are available to sponsor or if you need a sponsor.**
 - vi) Do not mention specific foods as this may trigger someone else's compulsion.**

6. Would someone please read “Our Invitation to You?”

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 action 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.

7. Are there any newcomers or visitors to this meeting for the first, second or third time? If so, please give us your first name so that we may welcome you. If you have questions please remain in the room after the meeting and some of us will be available to answer your questions. We encourage you to get the format we use in this meeting, it is on our website capecodoa.org

8. Would someone please read “The Twelve Steps?”

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 an 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!” (condensed from Overeaters Anonymous, 3rd ed. pp. 1-5)

9. I will now read the “Tradition of the Month.”

The Twelve Traditions of Overeaters Anonymous

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. Overeaters Anonymous should remain forever nonprofessional, 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. Overeaters Anonymous 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.

10. I will now read the introduction to “The Tools of Recovery” and the definition of abstinence in OA.

In working Overeaters Anonymous’ Twelve Step-Program of Recovery from Compulsive Overeating, we have found that there are a 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 working and 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 the Tools Pamphlet if available)

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.

11. Would someone please read and/or share on the tool of:

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.



“Would all sponsors, whether you are available or not, raise your hand. Available sponsors are asked to put their info into the chat.

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 (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 intergroup Rep, on service boards for Region 6 or on the 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."

12. Before we read from _____, there are a few Meeting Announcements:

a. Is there anyone available who can stay late after our meeting to answer any questions?

b. If you would like to be added to or receive this meeting's telephone list please contact Amber via text or chat.

c. We are self supporting. One suggestion is to periodically send a 7th tradition check to our meeting treasurer or go to our website at capecodoa.org to make a donation through *PayPal*. Our meeting treasurer is _____ and she has put this information into the Chat.

d. Does _____, our Intergroup Rep, have any announcements?

13. This is a literature meeting, I've chosen _____ for this month's reading from OA approved literature. (Share reading one or two paragraphs at a time.)

14. The meeting is now open for sharing about this reading. Please limit your talk to 2 minutes so others will have time to share as well.

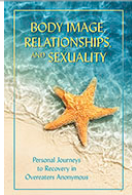


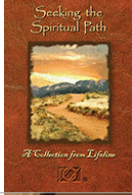


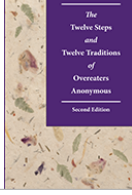

15. (At 8:55 am so we can end on time read. . .) "Anonymity...who you see here and what you hear here, when you leave here let it stay here!" The opinions expressed here today are those of the individual OA members and do not represent OA as a whole.

16. Would someone please read The Promises directly from the AA Big Book page 83. (**Alcoholics Anonymous has asked other 12 step groups to not duplicate The Promises, but to directly read them from the Big Book.**)

17. After a moment of silence, would all who wish to, unmute and 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 the wisdom to know the difference.

Sunday Literature Meeting Book List

		Body Image, Relationships, and Sexuality
		Taste of Lifeline
		A New Beginning: Stories of Recovery from Relapse
		Seeking the Spiritual Path: A Collection from Lifeline
		<i>Overeaters Anonymous</i>
		Abstinence
		The Twelve Steps and Twelve Traditions of Overeaters Anonymous
		Diverse Voices: A Common Solution