

## Wednesday Zoom Meeting

## Suggested Meeting Format

*NOTE: The Zoom Host may mute all participants when the Leader begins the meeting.*

### Welcome & Opening

“Welcome to our Zoom meeting of Overeaters Anonymous. My name is \_\_\_\_\_. I am a compulsive eater and your leader for this meeting.”

“Will those who wish, 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.”*

“As we extend the heart and hand of the OA Fellowship to those who still suffer, let us be mindful of OA’s Unity with Diversity Policy, which respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait.

### OA Pre Amble

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 behaviours and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.”

### The Twelve Steps

Leader Asks someone to read the Twelve Steps (Unmute yourself to do the reading)

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!

## Twelve Traditions

Leader asks someone to read the Twelve Traditions (Unmute yourself to do the reading)

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 for ever 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.

## Definitions:

Abstinence is the action of refraining from compulsive eating and compulsive food behaviours 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 on a daily basis.

*\*updated per the 2021 World Service Business Conference (WSBC)*

## Tools:

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, read The Tools of Recovery pamphlet.”

The leader asks if anyone would like to speak about a tool. If no one chooses to speak, the leader will read (or ask someone else to read) one tool from the pamphlet.

## **Newcomers:**

“Please raise your hand if you are at an OA meeting for the first time.” “Welcome, we are glad you are here.” “Members, please share a little on Step 1 when it is your turn to share.”

Newcomers are invited to stay after the end of the meeting so we can answer your questions about OA. (The host and the leader of the meeting will stay at the end of the meeting as well as any other members who are willing to stay)

## **Business:**

Is there is any business to discuss? – updates are given and quick discussions take place.

## **The Seventh Tradition:**

Every OA group ought to be self-supporting, declining outside contributions.

7th tradition can be sent by a cheque made payable to Overeaters Anonymous and mailed to Candace M, 1202 Butterfield Cres., Regina, Sk, S4S 3W9 OR by E-transfer to [reginaintergroup@gmail.com](mailto:reginaintergroup@gmail.com). In the comment section add our first name and 7th Tradition.

## **Chair for Next Meeting:**

Leader asks for a volunteer for the next meeting.

## **Sharing:**

The meeting will be open for shares after I introduce the topic. “As you share your experience and strength in OA, please also share your hope. Please confine your sharing to your experience with the disease of compulsive eating, the solution offered by OA, and your own recovery from the disease, rather than just the events of the day or week. If you are having difficulties, share how you use the program to deal with them. If you need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting.”

“Feedback, cross talk, and advice-giving are discouraged here. Cross talk during a Zoom OA meeting is using the chat function to speak to members during other’s shares, giving advice to others who have already shared, chatting directly to another person rather than to the group. Please limit your chats to your contact info if you care to leave it.

## **Topic of the Meeting:**

The topic of the meeting has a 4 week rotation as follows:

**Week 1 - Step**

**Week 2 - Open Meeting**

**Week 3 - Tradition**

**Week 4 - Open Meeting**

- The Leader of the meeting chooses appropriate readings related to the topic then opens the meeting for sharing.

## Closing the Meeting:

“By following the Twelve Steps, attending meetings regularly, and using the OA Tools, we are changing our lives. You will find hope and encouragement in Overeaters Anonymous. To the newcomer, we suggest attending at least six different meetings to learn the many ways OA can help you. “

“The opinions expressed here today are those of individual OA members and do not represent OA as a whole. Please remember our commitment to honour each other’s anonymity. **Whom you see here, What you hear here, When you leave here, Let it stay here.** Let us all reach out by phone or email to newcomers, returning members, and each other. Together we get better. “Thank you for asking me to be your leader.

Newcomers are invited to stay on the call if they have any questions. The host can help you.

Those of you who wish, please join us in \_\_\_\_\_.” [Select one of the following suggested closings: Serenity Prayer, Seventh Step Prayer, Third Step Prayer, or the OA Promise ‘I put my hand in yours....’]

### Serenity Prayer (long version)

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. Grant me patience with the changes that take time, appreciation of all that I have, tolerance for those with different struggles and the strength to get up and try again, one day at a time.

### The OA Promise

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

### The Third-Step Prayer

God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life.

### The Seventh-Step Prayer

“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.