

Wednesday 12pm Baton Rouge OA Zoom Meeting Format

1. OPENING: "Welcome to the Wednesday Non meeting of Overeaters Anonymous. My name is _____. I am a compulsive eater and your leader for this meeting. Please silence your phones at this time."
- 2.. SERENITY PRAYER: "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."
3. WELCOME: "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. "Are there any compulsive eaters here besides myself? "Is there anyone here for the first, second, or third time?
(If no newcomers are present, skip down to 4)

**IF NEWCOMERS ARE PRESENT CONTINUE WITH THIS ... Would you please tell us your first name so we can welcome you? If you are returning to OA or are visiting from another area, please tell us your first name so we can also welcome you." [Welcome each person by name.] We encourage you to: 1. get a sponsor to help guide your recovery; 2. develop a plan of eating and, if you wish, write it down & report daily to your sponsor 3. read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions."

4. PREAMBLE: "The following is the OA 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. READING: (Ask volunteers to read each of the following) Twelve Steps of Overeaters Anonymous, plus 2 paragraphs. (included with this format) Tradition of this Month (included with this format)

6.. CONTACT INFO: For this Zoom meeting, we ask that each member who is willing to receive calls, please enter your contact information either on your screen or in the Chat.

7. LITERATURE: Only OA-approved literature is read or shared at this meeting. Please refrain from quoting from literature or sources which are not OA-approved.

8. REPORTS: Are there any BRIG announcements? Treasurer gives Quarterly Treasurer's Report at the end of the following months: March, June, September and December.

9.. SEVENTH TRADITION: According to our Seventh Tradition, we are self-supporting through our own contributions. We send bu regular contributions to our intergroup or service board, for our region, and the World Service Office to help carry the message to other compulsive overeaters. We encourage OA members to give as much as they are able, to help our group be self-supporting. The suggested contribution is \$5.00 or more. Each member is invited to give as you can or not at all. The treasurer will put 7th tradition contact info in the Chat.

10. SUGGESTED GUIDELINES FOR SHARING: As you share your experience and strength in OA, 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

11. STATE THIS MEETING'S CHOICE: This is a literature meeting. As decided by our group conscience we continue reading the Big Book of Alcoholics Anonymous through page 164 and will begin on page _____. We will read one paragraph. The reader may share or pass. Sharing will continue on this paragraph until everyone has had a chance to share and we have completely "unpacked" our experience, strength and hope as it relates to the reading. If silence is lengthy, Leader asks if there are any objections before moving to the 2nd paragraph, "We ask everyone to respect our group conscience

Feedback, cross talk, and advice-giving are discouraged here. If you are doing something that may be distracting to others, please turn off your video. The Leader for the meeting has the discretion to suggest to anyone sharing that they are off-topic or speaking too long (by saying “Gentle Reminder”). Please accept this suggestion in order to keep the meeting on track.”

12. CLOSING: “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. “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 all reach out by phone or email to newcomers, returning members, and each other. Together we get better”. “Thank you for allowing me to be your leader. After a moment of silence, will those of you who wish please join us in _____.”

Select one of the Following Closing Prayers: Serenity Prayer (AA adapted this prayer in 1941) Seventh Step Prayer (Big Book, page 76) Third Step Prayer (Big Book, page 63) Lord’s Prayer (Big Book, page 88, Thy will be done ...) OA Promise (Roseanne’s Prayer: I put my hand in yours...)

The Twelve 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!

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. Overeaters Anonymous 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. 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.

Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc. Overeaters Anonymous®, Inc. World Service Office 6075 Zenith Ct. NE, Rio Rancho, NM 87144-6424 USA Mail Address: P.O. Box 44727, Rio Rancho, NM 87174-4727 USA 1-505-891-2664 • info@oa.org • oa.org © Overeaters Anonymous®, Inc. All rights reserved. Rev. 6/2022