



Saturday “Back 2 Basics” Big Book study VIRTUAL/IN-PERSON Meeting Format

Meeting Chair: The meeting begins at 8:30 a.m. Please read the quoted text as written. Group Leader portion in italics. Reading/sharing ends at 9:25.

“Welcome to the Back 2 Basics Big Book Study 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.”

“The OA 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.”

“Are there any compulsive eaters here besides me? (*Wait for show of hands.*) Please introduce yourselves. If anyone is here for the first, second or third time, returning to OA or visiting from another area; please share your first name so that we may welcome you”. (*If there are newcomers, please read the following paragraph.*)

“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 have with food we welcome all at this meeting regardless of race, creed, nationality, religion, gender identity or sexual orientation.”

“Will someone please read **How It Works**” (*AA Big Book, p. 58, 4th Edition*)

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault: they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided, you want what we have and are willing to go to any length to get it – then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely. Remember that we deal with alcohol – cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power – that One is God. May you find Him now.

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

“Will someone please read **The Twelve Steps**” (*OA 12 & 12, 2nd Edition, pg. 169*)

Here are the steps we took, which are suggested as a program of recovery:

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 & 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.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

"Will someone please read The Twelve Traditions of OA? (*OA 12 & 12, 2nd edition, pg. 170*)

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 or any related facility or outside enterprise, lest problems of money, property and prestige 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 above personalities.

TOOLS: “The OA tools of recovery help us work the Steps and refrain from compulsive eating. The nine Tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity and service.”

SPONSORS: “Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the Twelve Steps and Twelve Traditions 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. *To find a sponsor, look for someone who has what you want and ask how he or she is achieving it.* Will all abstinent sponsors please identify themselves and state your name and availability.”

(If newcomers are present, please read the following:)

“For newcomers we suggest the following:

- Get a sponsor to help guide your recovery.
- Develop a plan of eating with your sponsor.
- Read OA approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.”

SEVENTH TRADITION: “According to our Seventh tradition, we are self-supporting through our own contributions. Newcomers need not contribute.”

FOR ZOOM ATTENDEES: “The treasurer’s name and address will be posted to Chat.”

FOR IN-PERSON ATTENDEES: “Contributions should be placed in the zippered bag.”

LITERATURE: “Only OA approved literature is discussed or utilized at this meeting.”

REPORTS: *(Secretary makes announcements if customary. Intergroup representatives reports and Treasurer’s report are to be given once a month.)*

“Are there any OA related announcements or reports?”

SERVICE: “Members give service by assuming the duties of chairing meetings.

Please volunteer to fill one of these open spots by joining the Google Group set up for this meeting. Please add your name and email in the CHAT function on ZOOM or the spiral notebook in the room. *The Secretary will issue an invitation to which you must respond.*”

SUGGESTED GUIDELINES FOR SHARING: “Rather than relating the events of the day or week please confine your share to the passages read from the Big Book and how the solutions offered there help with your recovery in OA. *We will progress slowly and deliberately. Shares should be directly related to the Big Book reading.* Readers may share or pass. Your share should be limited to 3 minutes.” Feedback, cross talk, advice-giving, and questioning or interrupting a share are discouraged. Mention of specific foods is allowed. To keep the meeting on track, the chair has the discretion to determine if someone is off-topic or speaking too long.’

“Please talk with your sponsor or other members after the meeting If you are having difficulties and need additional support.”

ADDENDUM

(When any Step is mentioned in the Big Book, the leader shall then set aside the Big Book and chose the corresponding Step chapter in the OA 12 & 12 to read. This chapter shall be read in its entirety before resuming the reading in the Big Book.)

“Sharing will end at 9:25. I will start the reading in the _____ on page _____ with the passage_____.”

“Will the Tech Host please record next week’s book, start page and paragraph?”

Closing:

“The opinions expressed here today are those of individual OA members and do not represent OA as a whole. 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.”

Tokens: “ We acknowledge individuals who have reached certain milestones of recovery. Has anyone reached a 30, 60, or 90-day milestone of recovery? Has anyone reached a 6- or 9-month milestone? If you have a year or more, please talk with your sponsor. Would anyone like a Re-Commitment token or is anyone anticipating a rough 24 hours?”

“Please remember our commitment to honor each other’s anonymity: Whom you see here, What you hear here, When you leave here, Let stay here. **Here, Here!!** Let us all reach out by phone or email to newcomers, returning members, and each other. Together we get better.”

“Will someone please read **A Vision For You** on page 164 of the Big Book?”

A Vision for You

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. As Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven’t got. See to it that your relationship with Him is right and great events will come to pass for you and countless others. The is the Great Fact for us.

Abandon yourself to God as you Understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you until then.

“Thank you for the opportunity to serve as today’s meeting chairperson.”

“ After a moment of silence, will those of you who wish please join us in the Third Step Prayer from page 63 of the Big Book.”

**“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 so that victory over them may bear witness to those I would help
of Thy Power, Thy Love, and Thy way of life.
May I do Thy will always!”**