

**Virtual Overeaters Anonymous**  
**Monday Night OA Format Rev. 09.28.20**

**Welcome to the Monday Night Meeting of Overeaters Anonymous. My name is \_\_\_\_\_.**  
**I am a compulsive overeater and the leader for this meeting. Will those who wish, 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.*

**Please mute your microphone at this time. Remember to unmute when you share and when you read along with me at italicized parts of the script.**

**Because it could be distracting to others, if you have any food or drink with you other than water, please make sure it doesn't show on the screen. Also, please silence cell phones while sharing.**

**We extend the heart and hand of the OA Fellowship to anyone who suffers with the disease of compulsive eating. OA 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. Are there any compulsive eaters here besides me?**

**At this meeting, we read from a combination of OA and AA literature. The AA literature speaks of "alcohol" and "alcoholic." We ask that you read it as written and silently translate "alcohol" to "food" and "alcoholic" to "compulsive overeater."**

**Will someone please read the OA Preamble?** (2 pages before p. 1 in the Purple [OA 12&12](#); p. v in the Brown [OA 12&12](#))

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.

**Will someone read "Our Invitation to You" on p. 2 OR "How it Works" on p. 6 of this script?**  
("How It Works" is also on p. 58 of the AA Blue Book)

## 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 act 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 symptom 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.

### **Will someone please read the 12 Steps?** (p. 169 in the OA Purple 12&12; after p. 211 in the Brown 12&12)

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 it out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

**Will someone please read the 12 Traditions?** (p. 170 in the OA Purple 12&12; right after the Steps in the old OA Brown 12&12)

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 principals above personalities.

**Will someone read today's reading from FOR TODAY or VOICES OF RECOVERY? Today is \_\_\_\_.**

**Is there anyone here for a first, second or third time? 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 and read the next paragraph if there are newcomers.)

**We encourage you to: get a sponsor to help guide your recovery, develop a plan of eating and if you wish, write it down and report daily to your sponsor, and read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.**

And now let's go around the circle and introduce ourselves. (GO AROUND )

### ANNOUNCEMENTS

- While we have no dues or fees, we have expenses for rent, literature, and contributions to Intergroup and World Services. We ask you to consider adding extra money to the 7<sup>th</sup> Tradition Basket of this meeting or your home meeting when face-to-face meetings resume.
- If you would like to receive OA newsletters, announcements, and invitations to other virtual meetings, or are open to receiving a call from our OA meeting members, send a chat message with your name and/or email during the meeting. We will add you to our contact list which we ask that you use for OA purposes only.
- As you see on the screen that will be put up, we have service opportunities. Please volunteer to be our Meeting Chair or Program Chair.
- Are there any OA related announcements?

**STATEMENT ON ABSTINENCE AND RECOVERY:** 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 living the Overeaters Anonymous Twelve-Step program.

**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, action plan, anonymity and service. For more information, read *The Tools of Recovery* pamphlet.

**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 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.

**SUGGESTED GUIDELINES FOR SHARING:** "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 an OA 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.

\_\_\_\_\_, our Program Chair will take over leadership now.

**It is the \_\_\_ Monday of the month. The Program is \_\_\_\_\_.**

1<sup>st</sup> Monday: Step Meeting - discuss step corresponding to the number of the current month

2nd Monday: General Discussion

3rd Monday: Literature Meeting - Any OA-approved pamphlet, book, newsletter, or "Lifeline"

4<sup>th</sup> Monday: OA's 3-Fold Solution ... Spiritual, Emotional, Physical

-Jan, April, July, Oct.           Physical recovery

-Feb, May, Aug, Nov.:           Emotional recovery

-March, June, Sept., Dec.:   Spiritual recovery

5th Monday: Leader's Choice

- Ping Pong ... no topic, sharing pops around like a ping pong ball & we share as moved

- Ask-It-Basket ... we write down questions about OA, tools, etc., and pull from a basket & discuss

- General Discussion

[PROGRAM ENDS & THE MEETING CHAIR READS TO THE MEETING CLOSING]

**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. 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 honor each other's anonymity. What you hear here, whom you see 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.**

**Will someone read either the OA Closing below OR The Promises on pg. 7 of this script?**

(The Promises are also in AA Big Book starting at the bottom of p. 83.)

We who began working the Steps in order to recover from compulsive eating now find that, through them, we have embarked on a lifelong journey of spiritual growth. From the isolation of food obsession we have emerged into a new world. Walking hand-in-hand with our friends and our Higher Power, we are now exploring this world, using the great spiritual principles embodied in the twelve steps as the map to guide our way. We gratefully follow in the footsteps of many others who have walked this way before us, and we're gratified to be making footprints of our own for others to follow.

Those of us who live this program don't simply carry the message; we are the message. Each day that we live well, we are well, and we embody the joy of recovery, which attracts others who want what we've found in OA. We're always happy to share our secret: the Twelve Steps of Overeaters Anonymous, which empower each of us to live well and be well, one day at a time."

**We acknowledge individuals who have reached certain milestones of recovery with a thumbs up or clap. In the past week 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 to commit to a start-over? Is anyone anticipating a rough 24 hours during the next week?**

**Let's end the meeting by reading together the OA responsibility pledge followed by the \_\_\_\_\_.**  
 ("We" version of the Serenity Prayer, 3rd Step Prayer, or 7th Step Prayer printed below in the Script Appendix).

*I pledge always to extend the hand and heart of OA to all who share my compulsion,  
 For this I am responsible.*

### **SCRIPT APPENDIX**

#### **We Version of the Serenity Prayer:**

*God grant us the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference.*

#### **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. May I do Thy will always.*

#### **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 to my fellows. Grant me the strength, as I go out from here, to do your bidding.*

#### **HOW IT WORKS from the Alcoholics Anonymous Blue Book, Chapter 5, p. 58 in the 4<sup>th</sup> 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. Here are the steps we took, which are suggested as a program of recovery.

Will someone please read the 12 Steps?

**(After the 12 Steps, read the following):**

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 12 Traditions?**

## THE PROMISES

From Alcoholics Anonymous Blue Book, Chapter 7, p. 83-84 in the 4th Edition.

If we are painstaking about this phase of our development, we will be amazed before we are halfway through.

1. We will know a new freedom and happiness.
2. We will not regret the past nor wish to shut the door on it.
3. We will comprehend the word “serenity.”
4. We will know peace.
5. We will see how our experiences would benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things.
8. Self-seeking will slip away.
9. Our whole attitude and outlook on life will change.
10. Fear of people and economic insecurity will leave us.
11. We will intuitively know how to handle situations that used to baffle us.
12. We will realize that God is doing for us what we couldn’t do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us, sometimes quickly, sometimes slowly. They will always materialize if we work for them.