

Virtual Overeaters Anonymous
Wednesday Noon Meeting Format Rev. 09.30.2020

Welcome to the Wednesday Noon Meeting of Overeaters Anonymous. My name is _____.
I am a compulsive overeater and the leader for this meeting. Will you join me in opening our meeting by reciting 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. Click “Gallery View” to see most participants. Unmute to share or participate in this script’s group responses. Turn off your video if there is a lot of movement in your space.

We do not eat food during our noon meeting. However, you are welcome to stay after the meeting and join some of us for a ZOOM ROOM LUNCH.

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 please read “Our Invitation to You” below or “How it Works” on p. 6 of this script?
(“How It Works” is on p. 58 of the AA Big 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 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 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.

(Only read on the first Monday of the month) **On the first meeting of the month we re-read the tradition for this month:** (Re-read the tradition of the current month) **Would anyone like to share about the meaning of this month's tradition?**

(Don't read on 2nd Weds.) **Will someone please read today's reading in For Today or Voices of Recovery?**

INTRODUCTIONS

If there are any visitors, returning members, or newcomers to our meeting or to OA who would like to be recognized, please tell us your first name so we can welcome you.

Are there any compulsive eaters in the room besides me? Let's introduce ourselves around the circle: *My name is _____ and I am a compulsive overeater.*

(Read Newcomer Message only if we have a newcomer who gave his /her name.)

NEWCOMER MESSAGE

We welcome our newcomers and invite you to participate in today's meeting.

- **We encourage you to read the OA literature which can be purchased at oa.org now or at our meetings when we return to face-to-face meetings.**
- **If you have questions or want to talk with us about the OA program, you and regular members are invited to stay after the meeting to talk with the Host or Leader.**

- 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, click on the Chat Tab and send a chat to everyone or to the Host privately. A contact list will be emailed to you and others in our OA meeting.
- We suggest that you attend at least 3 - 4 OA meetings before deciding whether OA is for you. Each OA meeting has its own style and feel. Log into OA.org to get local and world-wide meeting information.

Today's Leader: Please either make a phone call to the newcomer during the next week or recruit another member to make the call to give the newcomer a second welcome and to check for questions or a need for additional information.

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 7th Tradition Basket of this meeting or your home meeting when face-to-face meetings resume.
- As you see on the screen that will be put up, we have service opportunities. Please volunteer to be our Host, Meeting Chair, or Program Chair.
- Are there any OA related announcements?

STATEMENTS OF 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.

The tools of the program assist us as we live and work the Twelve Steps. A tool can only work if you use it. The nine tools of Overeaters Anonymous are a Plan of Eating, Writing, Literature, Telephone, Meetings, Sponsorship, Service, Action Plans, and Anonymity. Would anyone like to share briefly about a tool that has helped you stay abstinent during the past week?

Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and living the Steps and 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. A sponsor can help you develop a Plan of Eating, work through the 12 Steps, and guide you in your recovery. 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 raise your hands? (Pause so hands can be seen)

In keeping with the traditions of OA, please share from your own experience, strength, and hope. We refrain from crosstalk. 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 or sharing at the time. Our meeting leader or any member who believes that cross talk is occurring is invited to respectfully say that you are sensing cross talk.

Please keep your sharing to 3 minutes so more of us will have a chance to share. I will remind the group at 12:50 that we have 5 minutes remaining.

Today's Program Chair, _____, will introduce the topic and lead our sharing now.

Today's program is:

- 1st Wednesday - Step of the Month
- 2nd Wednesday - FOR TODAY / VOICES OF RECOVERY
- 3rd Wednesday - General discussion
- 4th Wednesday - LIFELINE
- 5th Wednesday - Leader's Choice

CLOSING

The opinions expressed here today are those of individual OA members and do not represent OA as a whole. Please remember our tool of "Anonymity" – what you hear here, whom you see here, when you leave here ... let it stay here. *Here, Here.*

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?

Will someone please read the OA closing?

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."

Let's end the meeting by reading together the OA responsibility pledge followed by the ___*___ printed on page 6 of the script.

***("We" version of the Serenity Prayer, 3rd Step Prayer, 7th Step Prayer, OR The Unity Prayer.)**

I pledge always to extend the hand and heart of OA to all who share my compulsion.

For this I am responsible.

Let's read together The _____ Prayer:

Keep coming back! It works if we work it! And, we are worth it!

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.*

The Unity Prayer: *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 will power

We are all together now - Reaching out our hands - For a power and strength greater than ours.

And as we join hands - We find love and understanding - Beyond our wildest dreams.

HOW IT WORKS from the Alcoholics Anonymous Blue Book, Chapter 5, p. 58 in the 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. Here are the steps we took, which are suggested as a program of recovery.

We will read the 12 Steps now. **(Reader: After the 12 Steps, read the next paragraph.)**

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.