

KERNERSVILLE OA MEETING LEADER'S GUIDE

LEADER

"Welcome to the Saturday morning meeting of Overeaters Anonymous. My name is _____. I am a compulsive overeater and your leader for today. Are there any other compulsive overeaters here beside myself?"

- Is anyone attending as an observer today, such as a student?
- Are there any newcomers who are attending OA for the first time? Welcome!
- We invite newcomers and observers to stay after the meeting to learn more about OA." *(Leader remains after the meeting to meet with newcomers)*

LEADER

"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.***

LEADER

"As there is a growing need for additional protection of anonymity during virtual 12-Step meetings, we ask all participants to identify themselves by first name under their picture on the screen or, if calling into the meeting, identify themselves audibly by first names. If an unknown person joins the meeting and cannot be identified, the Host of the meeting will contact the person via private chat to offer a welcome and ask permission to put their first name on the screen or change their name to "Newcomer." Note: the Host of the meeting has the prerogative to remove any member who violates OA's Twelve Traditions."

LEADER

"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."

LEADER

ASK DIFFERENT PEOPLE TO READ THE FOLLOWING:

- **HOW IT WORKS** (beginning of Chapter Five in *Alcoholic's Anonymous*)
- **12 STEPS OF OVEREATERS ANONYMOUS** (in back of OA's 12 & 12)
- **12 TRADITIONS OF OVEREATERS ANONYMOUS** (in back of OA's 12 & 12)
- **INVITATION TO YOU**

- **TOOLS OF RECOVERY** – **READ LIST OF TOOLS ONLY (no descriptions) IF THERE ARE NO NEWCOMERS.** Remind newcomers there is a free pamphlet, *Tools of Recovery*, with descriptions of the tools.
Read aloud: “Our OA Step Study is a safe and non-judgmental space where our anonymity is protected. We encourage **all** members to share in the meeting as your participation enriches our experience. We ask that each person has a chance to share before anyone shares again. Please keep your sharing to no more than **3 minutes**. Feedback, cross talk, and advice-giving are discouraged here. Cross talk is giving advice to others, speaking directly to another person rather than to the whole group, and questioning or interrupting the person sharing. At this meeting, we can mention specific foods.”
- **ASK IF MEMBERS TO SHARE BRIEFLY ON A TOOL THAT WAS HELPFUL THIS WEEK OR A TOOL THEY WISH THEY HAD USED.**

LEADER

7th TRADITION, SIGN-IN SHEET, AND CALENDAR TO SIGN UP TO CHAIR A MEETING:

“According to our 7th Tradition, we are self-supporting through our own contributions. Group expenses include donations to the church for our meeting space, literature, tokens, annual Zoom meeting fee, and other supplies. We also send contributions to Triad Inter-Group, regional Soar 8, and World Service to help carry the message to other compulsive overeaters. Newcomers are asked not to contribute today but, instead, to consider buying OA literature.”

In-Person Meeting: (*pass the basket, sign-in sheet, and calendar*)

Virtual Zoom Meeting: “We now have the opportunity to make 7th Tradition contributions electronically through PayPal deposited directly into our meeting's account. You may also continue mailing donations to our Treasurer. The steps to make contributions using either of these methods are listed in the Chat Room.

(Don't read the following unless the steps are not listed in the Chat Room).

- For electronic donations, each donation is charged a small transaction fee between 2-3% with a 30¢ charge/transaction
- Link: https://www.paypal.com/donate?hosted_button_id=D5KTNYHPJ6W6A
- To mail a personal check, make it out to “Overeaters Anonymous Group #00893” and mail to: MC G / 1145 S Hawthorne Road / Winston-Salem, NC / 27103. **Make sure to send MC an e-mail at okernersville@gmail.com** to let her know the contribution is in the mail so she can confirm its arrival.

LEADER

“Our group periodically holds a **Business Meeting** as needed after the Step Study. The Secretary and Treasurer’s reports are read at that time. **ARE THERE ANY BRIEF ANNOUNCEMENTS?”**

LEADER

"THIS IS A BOOK STUDY MEETING. We read from the book, *The 12 Steps and 12 Traditions of Overeater's Anonymous* and its accompanying workbook. A gentle reminder to please limit your shares to 3 minutes and give everyone a chance to speak before speaking again." *(Leader is responsible for helping members limit their shares and staying on topic.)*

We are currently studying Step ____ *(read the Step)*. We are on page ____ in the 12 & 12 and page ____ in the workbook.

BOOK STUDY UNTIL 5 MINUTES BEFORE GROUP ENDS

LEADER

TOKENS:

Virtual Zoom Meeting: "Would anyone like a virtual token today or is anyone celebrating a milestone?"

In-Person Meeting: "Would anyone like to hand out tokens today?" (use plastic box with the tokens; instructions are inside).

LEADER

VISION FOR YOU (end of Chapter 11 in *Alcoholic's Anonymous*): ask someone to read from the handout or AA's Big Book

LEADER

CLOSING PRAYER: Leader's Choice
(Leader is responsible for cleaning up after meeting)