Welcome to the Tuesday 7:00 p.m. Women’s Writing meeting of Overeaters Anonymous. My name is \_\_\_\_\_\_\_\_\_\_. I am a compulsive overeater, and your leader for this meeting.

“Overeaters Anonymous is a fellowship of individuals, who through shared experience, strength, and hope are recovering from compulsive eating. We welcome everyone who wants to stop eating compulsively. Whatever problem, you may have with food, you are welcome at this meeting. Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and carry the message of recovery through the Twelve Steps of OA to those who still suffer.” For those who wish, please unmute yourself and join me in the Serenity Prayer:

**SERENTITY PRAYER:**

God, grant me the serenity to accept the things I cannot change,

Courage to change the things I can,

and the wisdom to know the difference.

Are there any compulsive eaters here besides myself? Is there anyone here for the first, second, or third time? Would you please tell us your first name so we can welcome you.

You may leave your phone number in the chat box if you would like outreach calls and/or texts. A link for the phone list will be posted in the chat. Please send a message in the chat to let us know if you are a sponsor.

**THE STEPS:** Will someone please read the 12 Steps, which are our program of recovery?

**The Twelve Steps**

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 person 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. (--**Reader Stops Here--**)

**THE TOOLS:** Will someone please read the Tools of Recovery?

**The Tools of Recovery**

1. A plan of eating: A plan of eating helps us abstain from compulsive eating. This tool helps us deal with the physical aspects of our disease and achieve physical recovery.
2. Sponsorship: We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional, and spiritual.
3. Meetings: Meetings give us an opportunity to identify our common problems, confirm our common solution through the Twelve Steps, and share the gifts we receive through this program. In addition to face-to-face meetings, OA offers telephone and online meetings.
4. Telephone: Many members call, text, or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.
5. Writing: Putting our thoughts and feelings down on paper helps us to better understand our actions and reactions in way that is often not revealed to us by simply thinking or talking about them.
6. Literature: We read OA-approved books, pamphlets, and Lifeline Magazine. Reading literature daily reinforces how to live the Twelve Steps and Twelve Traditions.
7. Action Plan: An action plan is the process of identifying and implementing attainable actions that are necessary for our recovery.
8. Anonymity: Anonymity guarantees we will place principles before personalities.
9. Service: Any form of service that helps reach a fellow sufferer adds to the quality of our own recovery. (--**Reader Stops Here**--)

**READING & WRITING:** This meeting is a reading and writing meeting. We read from the Big Book of AA and other OA-approved literature focusing on a step each month. Today we are reading on the Step that corresponds to the number of this month, which is Step \_\_\_\_\_ [**Leader reads the number of the Step and the step, itself].** The Spiritual principle of this Step is \_\_\_\_\_\_\_\_\_ **[Leader reads the Spiritual Principle, listed next to step].**

1. We admitted we were powerless over food. (Principle = Honesty)
2. Came to believe that a Power greater than ourselves could restore us to sanity. (Hope)
3. Made a decision to turn our will and our lives over to the care of God, as we understood Him. (Faith)
4. Made a searching and fearless moral inventory of ourselves. (Courage)
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. (Integrity)
6. Were entirely ready to have God remove all these defects of character. (Willingness)
7. Humbly asked Him to remove our shortcomings. (Humility)
8. Made a list of all persons we had harmed and became willing to make amends to them all. (Self-discipline)
9. Made direct amends to such people wherever possible. (Love)
10. Continued to take personal inventory and when we were wrong, promptly admitted it. (Perseverance)
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. (Spiritual awareness)
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. (Service)

Tonight, we are reading from \_\_\_\_\_\_\_\_\_\_ [**Leader reads the book corresponding to the week of the month**].

Week 1 🡪 AA Big Book; Week 2 🡪 AA 12/12; Week 3 🡪OA 12/12; Week 4 🡪Voices of Recovery; Week 5 🡪 For Today.

We will begin reading two to four paragraphs, starting on page \_\_\_\_\_\_\_\_\_. [**Leader may call on fellows to read, or ask who would like to read first, then next.**]

**WRITING:** We will now write for 15 minutes. Suggested questions for the reading will be posted on the screen. [**Leader will read the questions out loud.**] A timer will notify once 10 minutes have passed, as a reminder that there are five minutes left. A second timer will ring after that minutes have passed to signal that our writing time is up. Is there anyone who would like to keep time?

**SHARING ON WHAT WE WROTE:** We will now share on what we have written only. We will have open sharing later if time permits.

Feedback, cross talk, and advice giving are discouraged. 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 actively speaking or sharing. Please limit your sharing to **three** minutes, with one minute to wrap up, for a total of 4 minutes.

**[After sharing is done, it is time for the 7th Tradition, reports, and announcements.]**

**SEVENTH TRADITION:** According to our Seventh Tradition, we are self-supporting through our own contributions. Although we do ***not*** pay for our Zoom subscription, our intergroup, the Orange County Intergroup, Region 2, and the World Service Office ***do*** incur expenses to help carry the message to other compulsive overeaters. During Zoom meetings, you are encouraged to practice the Seventh Tradition by visiting oaoci.org and clicking on the “Contribute to the 7th Tradition” button. Newcomers are asked not to give but may purchase literature at our cost at bookstore.oa.org.

[**Leader, if possible, please post: (1.) the link to contribute,** [**http://www.oaoci.org/contribute.html**](http://www.oaoci.org/contribute.html)**, and (2.) the link to the bookstore,** [**https://bookstore.oa.org/**](https://bookstore.oa.org/)**, in the chat, *OR* ask if another fellow would be willing to post this information in the chat.**]

**TRADITIONS:** Will someone please read the Twelve Traditions?

**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 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 principles before personalities. (-- **Reader Stops Here**--)

**REPORTS:** It is now time for reports and announcements. Do we have any reports?

* Secretary’s Announcements (Please channel all announcements through the Secretary.)
* Treasure’s Report
* Literature Announcement
* Intergroup Report (Once a month; Intergroup meetings are held on the 2nd Thursday of the month.)
* Are there any OA-related announcements?

**OPEN SHARING:** We are now open for sharing. 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 actively speaking or sharing. Please limit your sharing to \_\_\_\_ minutes and one minute to wrap up. [**Leader may calculate independently, OR ask for help with how long the shares may be, according to how much meeting time is left**.]

**CLOSING @ 8:25 p.m.:** 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(s), we suggest attending at least six different meetings to learn the many ways OA can help you.

**THE PROMISES:** Will someone read “The Promises”?

**THE PROMISES**

If we are painstaking about this phase of our development, we will be amazed before wea re halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity, and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not 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. (--**Reader Stops Here--**)

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.”

**CLOSURE:** Thank you for allowing me to be your leader tonight. After one minute of silence as noted by the timer, will those of your 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 the wisdom to know the difference.