**OA FOR TODAY MEETING FORMAT**

Revised April 29, 2018

**Saturday 8:00AM-9:00AM (Eastern)**

**Contact** (Secretary) Jenn 816.922.9783 (MST)

**MEETING PHONE NUMBER- (641) 715-0874**

* **Pin for all participants 242083#**

Key Code:

* *\*6 Self-Mute*

**MEETING FORMAT**

**Welcome to the Saturday FOR TODAY phone meeting of Overeaters Anonymous. My name is \_\_\_\_\_\_\_\_\_\_\_. I am a recovering food addict/compulsive eater and the leader of this meeting today.**

**After a moment of silence would all who wish please join me in The Serenity Prayer:**

***God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Thy will not mine be done. Amen***

**Before we begin, would someone volunteer to write down names and phone numbers? You do not need 90 days of abstinence.** (*When someone volunteers*): **Thank you. Would you like to leave your phone number, time zone and best time to call?**

**If you want to share or volunteer to read, simply press \*6 to un-mute your phone. \*6 will mute it again.**

**At this meeting, anyone can volunteer to read, including those who do not yet have 90 days of continuous abstinence. If you’d like, you may leave your phone number—*slowly! —*after your reading. Please include your time zone and best times to call.**

**We will now read the passage on Acceptance from the Big Book: page 449 in the third edition or page 417 in the fourth edition.** **AA World Service asks that we read the Big Book exactly as written, although when reading the steps and traditions, we may substitute “OA” for “AA” and “food” for “alcohol”. Who would like to read the two paragraphs beginning with, “And acceptance is the answer . . .?”**

And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation – some fact of my life unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God’s world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept my life completely on life’s terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.

Shakespeare said, “All the world’s a stage and all the men and women merely players.” He forgot to mention that I was the chief critic. I was always able to see the flaw in every person, every situation. And I was always glad to point it out, because I knew you wanted perfection, just as I did. AA and acceptance have taught me that there is a bit of good in the worst of us and a bit of bad in the best of us; that we are all children of God and we each have a right to be here. When I complain about me or about you, I am complaining about God’s handiwork. I am saying that I know better than God.

**Who would like to read the Twelve Steps?** **They can be found on page 59 in the Big Book or page 371 in the For Today book.**

The Twelve Steps

1. We admitted that 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. Decided 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 that out.

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

**Would someone please read the third tradition and the tradition of the month? The traditions can be found in the back of the Big Book or on page 372 in For Today.**

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.

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 non-professional, 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.

**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.”**

**Is anyone celebrating an anniversary of 30, 60 or 90 days or a yearly anniversary? Please announce yourself.**

**Would someone volunteer to be the timekeeper for today? You do not need 90 days of abstinence.**

**We ask for two-minute shares on the tools and three-minute shares on the reading from For Today, with a 30-second warning that time is almost up.**

**Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining**

**a healthy body weights.** **The Tools of Recovery help us practice the Twelve Steps to achieve spiritual, emotional and physical recovery. The nine tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity and service.**

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| --- | --- | --- |
|    | **Tool Schedule** |  |
| **1st Sat of Month** | **2nd Sat of Month** | **3rd Sat of Month** |
| **WRITING** | **SPONSORSHIP** | **ACTION PLAN** |
| **LITERATURE** | **SERVICE** | **MEETINGS** |
| **PLAN OF EATING** | **ANONYMITY** | **TELEPHONE** |
| **4th and 5th Saturday each month leader can choose any 3 tools**  |

**Today, we need three volunteers to share their experience, strength and hope utilizing the tools of \_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_** (based on the tool schedule above). **We suggest that shares be from members who have successfully refrained from compulsive overeating for at least 90 consecutive days.**

**Who would like to share on the tool of \_\_\_\_\_\_\_\_\_\_\_\_\_\_?**

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**For more information about the tools, read the pamphlet “Tools of Recovery” or visit the website www.OA.org.**

**Sponsorship is vital to recovery. Sponsors are OA members committed to abstinence and to living the Twelve Steps and Twelve Traditions to the best of their ability. A sponsor helps guide us through the program of recovery on all three levels: physical, emotional, and spiritual. To find a sponsor, look for someone who has what you want and ask how he or she is achieving it. Will all available 90-day sponsors please identify yourselves? Tell us your phone number, time zone, and best time to call.**

**Newcomer Greeters are responsible for phoning new and returning members during the next week.** **Do we have three volunteers with 90 days of abstinence who’d like to serve as Newcomer Greeters?**

**Remember that we are all responsible for reaching out to newcomers and those returning.**

**We would now like to welcome any newcomers to OA as well as those who are returning.** **Please introduce yourself using your first name only and give us your phone number if you wish.**

**Others, including OA members new to this meeting, are invited to stay after the meeting to exchange contact information.**

**By following the Twelve Steps, attending meetings regularly and using the OA tools, thousands have changed their lives. We offer hope and encouragement. To the newcomer, we suggest attending at least six different 90-day OA meetings before deciding if OA is for you. For more information, please call OA’s World Service Office in New Mexico at (505) 891-2664 or go on-line to www.OA.org.**

**Who would like to read today’s meditation from For Today—The Little White Book?**

**This meeting suggests 90 consecutive days of abstinence before sharing. Our hope and prayer is to share experience, strength and hope to those still suffering and to offer the newcomer an opportunity to hear from those who have experienced success for 90 consecutive days, without succumbing to the disease of food addiction & compulsive eating.**

**Please share on the reading or anything related to recovery from compulsive overeating/food addiction. Even though we are alike, there are no stars or VIP’s - and we practice this program, just one day at a time.**

**At this time, we would like to ask those who have just reached their 90 days if they would like to start the sharing. You can press \*6 to unmute.**

(Once those who just reached 90 days have shared)

**At this time, we would like to ask those who have not shared in the last two weeks to start the sharing. Who would like to share? Press \*6 to unmute.**

(Once those who have not shared in the last 2 weeks have shared)

**It is now open for anyone who would like to share. You can press \*6 to unmute.**

**It is time to close our meeting. The opinions expressed here were from those who gave them and do not represent OA. Please take what you need and leave the rest. Let there be no gossip or criticism of one another. Instead, let the understanding, acceptance and truth of this program grow in you one day at a time.**

**Ours is a program of hope for every single person with the disease of food addiction by helping each other work the Twelve Steps of recovery. We are especially grateful for the miracles of technology that enable us to share our experience, strength and hope with each other across so many miles. Visit our website—www.90dayOA.weebly.com—where you’ll find a copy of the meeting format, and other helpful information.**

**The business meeting will be held quarterly on the first Saturday of January, April, July and October following the regular meeting.**

**According to our Seventh Tradition, “We are self-supporting through our own contributions.” Please send your contribution to Overeaters Anonymous World Service or go to oa.org for information on credit card donations.**

**Who would like to read The Ninth-Step Promises found on page 83 of the Big Book? Remember, you do not need 90 days of abstinence to read.** (*Passage begins “If we are painstaking . . ..”)*

**9th Step Promise**

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

**Would someone please read The Tenth-Step Promises on page 84 of the Big Book?** (*Passage begins “And we have ceased fighting anything . . ..”)*

**10th Step Promises**

And we have ceased fighting anything or anyone-even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.

**At this time, we want to go around the country and the world and allow those that have not spoken up on the meeting; those that we have not yet heard from today introduce themselves- Remember that \*6 will unmute your phone lines and \*6 will mute them again.**

**Welcome everyone. Thank you for staying until the end of the meeting to introduce yourself. There are \_\_\_\_\_ participants still on the line.**

**Before we close our meeting, I would like to thank our timekeeper, the new comer greeters, and our volunteer that took down the phone numbers. We truly appreciate your service!**

**Are there any OA announcements?**

**Do we have any newcomers or returning members who would like to give their phone number that did not give their number earlier?**

**We will now close our meeting with a moment of silence followed by The Serenity Prayer. Press \*6 to join us.**

***God grant me the serenity to accept the things I cannot change, the courage to change the things that I can, and the wisdom to know the difference. Thy will not mine be done.***

**Are there any non-OA announcements?**

**Thank you so much for coming.**

**It is now time to request phone numbers and exchange numbers or e-mail addresses.** (name of phone number-taking person) **will repeat phone numbers you may have missed.**