NJIOA Overeaters Anonymous Meeting

Relapse into Recovery

**SPEAKER FORMAT**

Last Thursday of the Month  8:00-9:00PM ET

**LEADER:** Please assign the following readings prior to the meeting, or as people enter the zoom meeting room:

“Unity with Diversity Policy” - Handout 1
“The 12 Steps” - Handout 2
“Tradition of the month.” Handout 3

**LEADER:** Please check to see if one of the newcomer greeters is on the meeting tonight. They will read the newcomer section *(in red on page 2)* and welcome newcomers. (Terry P., Susan S., Susan L., or Alison L.). If they are not on, the leader will read the red section and greet the newcomers.

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Please start meeting at 8:00 p.m.

Leader: Welcome to the Relapse to Recovery Thursday evening meeting of Overeaters Anonymous. My name is _________ I am a compulsive overeater and the leader for this meeting.

Leader: We open our meeting with 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. Amen.

Leader: Would _________ please read the OA Unity with Diversity Policy:

“THE FELLOWSHIP of Overeaters Anonymous encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute. We welcome all who share our compulsion. Everyone with the desire to stop eating compulsively is welcome in Overeaters Anonymous.”
**Leader:** This meeting is designed to support OA members who are returning from relapse. We offer everyone an environment of support. Whatever problem you may have with food, you are very welcome at this meeting. We have a mix of sponsors and long-time members here tonight as well as OA friends in various stages of coming back from relapse. Everyone is welcome to share as often as you like at this meeting, and we love questions.

**Leader:** A few of us will stay in the room after we end the meeting, to chat, answer questions, and connect returning members with sponsors. If you are struggling in relapse and not quite ready for a sponsor but would be interested in finding a program buddy, let one of us know after the meeting and we can help you with that.

**Leader:** Now we’d like to welcome newcomers. Could ________ please read the next section of the script.

**Newcomer Greeter SAYS:** Hi everyone. This is the moment when we welcome newcomers and returning OA members. Is there anyone on the meeting tonight who is coming back from relapse, anyone struggling in relapse, or anyone counting days. Or anyone just here for the first time. Please raise your hand, I’ll call on you and please tell us your name so we may say hello. STAR SIX to unmute if you are on the phone.

Newcomer greeter welcome language:
“*We’re so happy you’re here tonight.*”
“*Welcome to the meeting. Wonderful to have you with us.*”
“*We love you. We care about you.*”
“*Please stay after the meeting and meet some of us.*”

**Newcomer Greeter SAYS:** Whether or not you said hello, we warmly welcome everyone who is here tonight. Back to you ________(leader).

**Leader:** If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone anymore. Welcome to Overeaters Anonymous. Welcome home.
Leader: Please put your name and phone number in the chat and under your zoom picture. Sponsors please indicate your availability in the chat or whether you could get someone started.

Leader: If anyone wants to get started in program tonight, we are about to introduce sponsors. Take down names and numbers, and stay after this meeting and someone here tonight will help you begin.

Leader: Would all sponsors please raise your hand and tell us your name, weight loss and length of your OA recovery. Please also let us know if you are a relapse survivor.

Leader: Thank you. Will ______ please read the “12 Steps of OA”?

Reader: Step 1 We admitted we were powerless over food – that our lives had become unmanageable.

Step 2 Came to believe that a Power greater than ourselves could restore us to sanity.

Step 3 Made a decision to turn our will and our lives over to the care of God as we understood Him.

Step 4 Made a searching and fearless moral inventory of ourselves.

Step 5 Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Step 6 Were entirely ready to have God remove all these defects of character.

Step 7 Humbly asked Him to remove our shortcomings.

Step 8 Made a list of all persons we had harmed, and became willing to make amends to them all.

Step 9 Made direct amends to such people wherever possible, except when to do so would injure them or others.

Step 10 Continued to take personal inventory and when we were wrong promptly admitted it.

Step 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.

Step 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.
Leader: Thank you. Will _____________ please read the tradition of the month. This month is __________ so we will be reading Tradition____.

(Handout 3)

Reader: Tradition 1: Our common welfare should come first; personal recovery depends upon OA unity.

Tradition 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.

Tradition 3: The only requirement for OA membership is a desire to stop eating compulsively.

Tradition 4: Each group should be autonomous except in matters affecting other groups or OA as a whole.

Tradition 5: Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

Tradition 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.

Tradition 7: Every OA group ought to be fully self-supporting, declining outside contributions.

Tradition 8: Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Tradition 9: OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Tradition 10: Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Tradition 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.

Tradition 12: Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.
Leader: Thank you. Tradition 7 states that every OA group ought to be fully self-supporting, declining outside contributions. Money collected from members in this group is used to support Intergroup, Region and OA World Service. It’s easy to make a donation to our intergroup at NJIOA.ORG. We’ll put donation instructions in the chat. Please mark your donation as “Relapse to Recovery Meeting”

Leader: Tradition 12 reminds us that Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. Please respect other members’ privacy by making sure that no one can see or hear other fellows except yourself. Thank you.

Leader: Our We Care List service person will post a link to our meeting’s phone list in the chat. You may edit it yourself and add your name and telephone, or you may ask in the chat to be added by our service person. Could the We Care service person please introduce the Phone List.

Leader: Is there a Secretary’s Report tonight?

Leader: Is our Timer on the meeting tonight? (If not, please ask someone to time)

Leader: There is a 2-minute limit on sharing and we will say “gentle reminder” when your time is up.

Leader: Our meeting format includes a guest speaker on the last Thursday of the month. Tonight we are grateful to have ________________ to carry the message of their Relapse into Recovery, and to share their experience, strength and hope.

Leader: The Speaker will qualify for 20 minutes and then we will open the meeting to sharing on our topic questions.
Leader: Thank you ________(speaker name)_______.

Leader: We will now begin to share on the topics. You may share as many times as you wish. If you have any questions during the meeting, feel free to unmute at any point and pose your question to the group. We’ll do our best to answer questions. Or feel free to stay after the meeting and ask questions then.

Leader: Please use the virtual hand raise and we will call on you. If you are on the phone, press STAR NINE to raise and lower your virtual hand. Press STAR SIX to mute and unmute. If you cannot raise your virtual hand, please wave. If you can’t get my attention, please unmute and let me know you wish to share. We don’t want to miss anyone.

Leader: We will now begin with the first Topic:

*leader PLEASE VARY THE TOPICS AND USE YOUR JUDGEMENT IN PICKING TOPICS.*

- What brought you to this meeting tonight?
- How do you get through a rough day?
- What keeps you coming back?
- How do you keep your memory green? How do you remember your last relapse?
- What does willingness mean for you?
- What is your biggest trigger?
- What OA Tool do you find the most helpful?
- The Big Book says its goal is for us to find a power greater than ourselves.... How do you find that power?
- What would you say to someone in relapse?
**At 8:58PM**

**Leader:** Thank you. We have about a minute or so left before we have to close. Does anyone wish to claim their seat? Are there any returning OA members who we didn’t greet at the start of the meeting? This is your chance to unmute and say hello.

**By 8:59 pm start to close:**

**Leader:** We have a nice way of closing this meeting.

I’m going to read the last paragraph from page 164 in the Big Book of *Alcoholics Anonymous*, which is the last instructional page:

“Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you — until then.”

**Leader:** Thank you all for joining us. We love you and care about you. Have a blessed 24. We are here for you. Stay on if you’d like to meet sponsors and for any questions. We hope to see you all back here next week.

Goodnight one and all.

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