

**OVEREATERS ANONYMOUS**  
**WEDNESDAY BIG BOOK – SADDLE BROOK**  
**BIG BOOK MEETING FORMAT – For Conference Call**

Welcome to the Wednesday night Saddle Brook Big Book meeting of Overeaters Anonymous. My name is \_\_\_\_\_, and I am your Leader for this meeting.

Would everyone who wishes to 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”*

As we extend the heart and hand of the OA Fellowship to those who still suffer, let us be mindful of OA's Unity with Diversity Policy, which respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait.

Are there any compulsive eaters or food addicts here beside myself?

To help limit background noise for this call please mute your phone when you are not speaking. To mute your phone either hit the mute button on the phone or press \*6

Would someone please read the Twelve Steps?

Would someone please read the Twelve Traditions?

Is anyone here for the first time in OA, and if so, would you please give us your first name and the town you are from so we can get to know you.

Is anyone here for the first, second or third time at this meeting, and if so would you please give us your first name and the town you are from so we can get to know you.

**LEADER NOTE: READ THIS NEXT SENTENCE ONLY IF THERE ARE NEWCOMERS:** For the newcomers, will someone volunteer to stay on the phone after the meeting to explain the program and answer any of their questions?

We recommend all newcomers get a sponsor. A qualified sponsor can help guide you with a plan of eating, as well as with the Twelve Steps of recovery. Will all **available** sponsors please introduce yourselves by telling us your first name and the town you are from.

Are there any tokens to be awarded tonight?

Do we have a Secretary's Report?

\*\*Do we have a Treasurer's Report (Last Weds of the month ONLY)?

Are there any other announcements?

Leaders are needed for this meeting. There is no abstinence requirement to lead this Big Book meeting. If interested in doing service by leading a meeting, please sign up with Kristy.

**\*\* (READ ON ALL BUT LAST MEETING OF THE MONTH)** This is a Big Book study meeting. We will have a volunteer read a couple of paragraphs from the Big Book and then share on them. We will then have up to two more shares on what was just read.

**\*\* (READ ON THE LAST WEDS OF THE MONTH)** On the last Weds of each month, we will read a story from the back of the Big Book. The story will be read in its entirety, having each member read a couple of paragraphs. When the entire story is read, there will be open sharing on the story.

This meeting has voted that you keep your shares to a maximum of three minutes and keep to the topic.

May we have a volunteer to be the timer? - **The timer can either unmute your phone so we can hear the timer or say "time" when the three minutes are reached.**

**Once again, before we begin the reading, to help limit background noise for this call please mute your phone when you are not speaking. To mute your phone either hit the mute button on the phone or press \*6 and please keep your shares on OA recovery only.**

**\*\* (READ ON ALL BUT LAST MEETING OF THE MONTH)** We are on page \_\_\_\_, and each time we are up for a new reader, I will ask for a volunteer or select someone from the group.

**\*\* (READ ON THE LAST WEDS OF THE MONTH)** The story we will be reading from tonight begins on page \_\_\_\_, and each time we are up for a new reader, I will ask for a volunteer or select someone from the group

### **7:30 BREAK**

**According to our Seventh Tradition, we are self-supporting through our own contributions. If you'd like to make a contribution to Overeaters Anonymous, please do so on an individual basis at [njioa.org](http://njioa.org)**

We will now resume reading/sharing.

### **7:50 BEGIN CLOSING**

It is time to close the meeting. Thank you to all who read and shared! The next meeting is a HOW meeting and begins at 8:05. You are welcome to remain on the line or call back in again at the start of that meeting.

Thank you for allowing me to be your leader today. We will now close the meeting with a special energy prayer for all people in and out of the rooms still suffering: **LEADER begins** The Serenity Prayer.