

Overeaters Anonymous

Wednesday Morning HOW

Leader Script

ZOOM Platform

Meeting begins promptly at 10:00am and may end at 11:30am ET

Leader, please ask the Zoom meeting Host to make you a Co-Host

1. Welcome to the Wednesday Morning HOW meeting of Overeaters Anonymous.

My name is _____, I am a compulsive overeater and your leader for this meeting.

2. 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 here beside myself?

3. Will those who wish please unmute and 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.

4. This is ZOOM ETIQUETTE as suggested by World Service and found on the NJIOA WEBSITE:

During the entire meeting, when you are not speaking, please remain muted. Tradition 12 states anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Please make sure to respect our members' privacy by making sure that no one can see or hear other fellows except you.

5. Please switch off cameras, and mute yourself if you are taking a meal, moving around, need a personal break, or for any other possible distractions.

Please keep checking that you are muted during the meeting.

Press STAR SIX to mute and unmute if you are on the phone. And STAR NINE to raise and lower your virtual hand.

6. Are there any OA members from other areas visiting us today? If so, please give your FIRST NAME, the TOWN you are from, and how long you have been in the program.

7. Is anyone here for the FIRST TIME, either to OA or to this meeting? If so, please give us your FIRST NAME ONLY and the TOWN you are from so we can get to know you. WELCOME!

8. It is suggested that next week's Leader arrive 5 minutes early in order to find volunteers to read the HOW readings and tools. Members can do service by arriving early as well to volunteer to read.

9. Will someone please read the By Laws?

10. Will someone please read Our Invitation to You?

11. Will someone please read the HOW concept?

12. Will someone please read The Only Requirement?

13. Will someone please read page 549/550 from the Big Book

14. Will someone please read Chapter 5 from the Big Book?

15. Will someone please read The 12 Steps of OA?

16. Will someone please read The 12 Traditions of OA?

17. We use the Zoom chat box as our "We Care" book. Please feel free to post your first name and phone number in the Chat box, or you may add it to your screen name.

Sponsors, please add Sponsor after your name. To the Newcomer, please feel free to add the word "NEWCOMER" next to your name, so we may get to know you.

18. According to our 7th tradition, we are self-supporting through our own contributions. This is voluntary. World Service suggests a \$5 donation per meeting, but please give what you can, if you can. Donations are made to the meeting on our Intergroup website: NJIOA.ORG. You'll find the mail-in address for checks, or the Zelle and Venmo instructions for digital donations.

If possible could someone post the link to our website in the CHAT.
Thank you!

19. Business meetings will take place quarterly, on the last Wednesday of January, April, July, and October, or may be scheduled by group conscience, to take place on the last Wednesday of a month.

Business meetings take place for ½ hour after to the end of the regular HOW meeting. Agenda items may be submitted via email/text/call to the Chairperson and/or Secretary at least 2 weeks prior to the scheduled business meeting.

The Secretary will announce the Agenda items the week PRIOR to the business meeting so all interested members are aware of topics to be discussed.

There are no abstinence requirements to attend the business meeting.

20. Now, I'd like to ask 8 Abstaining HOW sponsors of this fellowship to read, or speak about how we use the 8 tools of our program.

1) The first tool is a PLAN OF EATING

2) The next tool is SPONSORSHIP.

Will all Sponsors (HOW and non-HOW), please identify yourself by raising your hand – either physically or virtually. Star-Six on the phone. When called, please give your name, how long you've been in program, your current length of abstinence and your weight-loss.

3) The next tool is TELEPHONE.

4) The next tool is SERVICE.

Will all members who hold service positions for any OA meeting or Intergroup please identify yourself by raising your hand – either physically or virtually in the PARTICIPANTS list by selecting RAISE HAND. When called, please give your name, and tell which service position you hold. Please announce your Service Position only and keep it as brief as possible.

5) The next tool is READING and WRITING

6) The next tool is ACTION PLAN

7) The last tool is the one we are working now, MEETINGS

21. Are there any Step-Ups or tokens this morning? Coin presentations for less than 90 days should be presented without discussion.

22. Are there any NEWCOMERS or RETURNEES here this morning? We'd like to welcome you. If any sponsors are willing to stay for a few minutes after the meeting to speak with Newcomers and answer questions, please raise your hand. Thank you!

23. Now, it is time for the Secretary's report. Please announce current and upcoming workshops and events, and details can be found on our website at NJIOA.ORG.

-Are there any other OA related announcements?

-This is a Speaker Meeting. There is an abstinence requirement of 90 days working the HOW concept to speak here.

-On the last Wednesday of the month, this meeting has agreed by group conscience to invite a non-HOW guest speaker to join us, with a minimum of 90 days abstinence.

- If there is a speaker or not, and after there is sharing on a topic, the leader will offer time for anyone who has not shared to do so, and if anyone has a burning desire.

-The leader is then free to move forward with the closing of the meeting.

24. Now, the Speaker shares their experience, strength, and hope for 25 minutes: what they were like, what happened to them, and what they are like now.

This will be timed. The timekeeper this morning is _____.

25. After the Speaker's share, the leader picks a TOPIC for discussion. The topic today is _____.

[suggestions: Gratitude, Freedom, Hope, Peace, Forgiveness, Favorite tools,

HOW I work My Program, How I get through a hard day, Serenity, Surrender]

And now the meeting will open for sharing.

Anyone may share for 3 minutes and will be timed. The timekeeper is _____

and will say "Gentle Reminder" when your time is up.

Please try to keep pitches positive. We avoid cross talk, and do not give advice.

There is no abstinence requirement for sharing at this meeting. All may share their experience, strength, and hope. And this meeting ends at noon.

26. The meeting is now open for sharing. Please raise your hand (virtually, or in 'participants' list or physically) if you would like to share on the topic, or on anything you need to share with the group. Press STAR SIX to mute and unmute if you are on the phone. And STAR NINE to raise and lower your virtual hand.

27. At the time agreed upon by the group, the Leader says: It's time to close the meeting. In closing, let me say the opinions expressed here today, by those who shared are our own and not necessarily those of OA as a whole. Thank you for asking me to be your leader

28. At the Wednesday Morning HOW meeting we believe in the power of prayer. Will those who wish, please join us in a moment of silence, sending a special energy prayer to those who are still suffering, in and out of the rooms – SILENCE FOR TEN SECONDS .

Now we will say the serenity prayer to close: Please unmute if you wish.

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.

END

NOTE: the Zoom Host or the Co-Host should remain on the meeting, to keep the meeting open if there is a group staying after to answer questions. Once the host and co-host hang up, the meeting automatically ends for all.