

## **OVEREATERS ANONYMOUS**

### **SADDLEBROOK WEDNESDAY PM BIG BOOK**

### **ZOOM MEETING FORMAT – updated 5-4-2025**

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. Unmute if you wish-

“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? Welcome!

#### ***ZOOM ETIQUETTE AS SUGGESTED BY WSO / NJIOA WEBSITE***

-During the 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 yourself.

-Please switch off camera and mute if you are taking a meal or need a personal break.

Would someone please read the Twelve Steps?

Would someone please read the Twelve Traditions?

Is anyone here for the first time - either to OA or to this meeting? If so, please tell us your first name and the town you are from, so we can get to know you.

**\*\*( READ IF THERE ARE NEWCOMERS):** We recommend newcomers get a sponsor. A qualified sponsor can help guide you with a plan of eating, as well as with the Twelve Steps program of recovery. Will available sponsors please introduce themselves 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 OA related announcements?

Leaders are needed for this meeting. There is no abstinence requirement to lead this Big Book meeting. If interested, please sign up with MaryAnn-NC.

**\*\*(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, 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 shares to a maximum of 3 minutes and keep to the topic. May we have a volunteer to be the timer? - The timer can unmute and say "Time" or "gentle reminder".

**\*\*(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. We read the entire story before sharing.

**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. The next meeting is a HOW meeting and begins at 8:05pm. You are welcome to remain on this meeting or sign in again at the start of that meeting.

Thank you to all who read and shared! Thank you for allowing me to be your leader. We will close the meeting with a special energy prayer for those still suffering in and out of the rooms, followed by the Serenity Prayer. (Unmute if you wish)

"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"