

NJIOA

Overeaters Anonymous Meeting

# Relapse into Recovery

Thursday Evenings 8:00-9:00 p.m. ET

*LEADER: Please assign the following 3 readings prior to the meeting, or as people enter the zoom meeting room:*

1. "Unity with Diversity Policy"
2. "The 12 Steps"
3. "Tradition of the month."



*Please start meeting promptly at 8:00 p.m.*

Welcome to the Relapse to Recovery Thursday evening meeting of Overeaters Anonymous.

My name is \_\_\_\_\_ I am a compulsive overeater and relapse survivor and the leader for this meeting.

We open our meeting with the Serenity Prayer. Everyone may unmute and join me.

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.

You may mute yourselves again. Thank you. Press STAR SIX to mute and unmute, if you're on the phone

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."

This meeting is designed to support members returning from release. Whatever problem you may have with food, you are welcome at this meeting. We offer you the gift of acceptance and applaud your decision to be here. We hope you will find some small bits of inspiration to help you regroup, reset, and to keep going.

Recovery is about progress, not perfection. Anyone can start again today. We recharge, Refocus and recommit as many times as we need to. As many times as it takes.

Let us all remember, the relapse doesn't matter. What matters is the re-start.

As you find the willingness to start again, we encourage you to hold on to the hope that brought you here tonight. As long as you are here, as long as you press forward, anything is possible.

Now we'd like to welcome anyone at this meeting tonight for the first or second time.

*Please say "Welcome back \_\_\_\_\_ (Name) \_\_\_\_\_."*

Whether or not you said hello, we warmly welcome everyone who is here tonight.

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.

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.

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.

Thank you. Will the next volunteer please read the "12 Steps of OA"?

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|---------|---|
| 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.        |

Thank you. Will the next volunteer please read the tradition of the month. This month is \_\_\_\_\_ so we will be reading Tradition \_\_\_\_.

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|---------------|--|
| 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 A 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 suffer.  |
| 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.   |

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 "Re-lapse to Recovery Meeting"

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.

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.

Is there a brief Secretary's Report tonight?

This is a topic and discussion meeting. You may share as many times as you wish. Feel free to ask us questions about our program. We'll do our best to answer them. Or stay after the meeting and ask questions then.

There is a 2-minute limit on each share and we will say "gentle reminder" when your time is up. Is there a timer on the meeting tonight?

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.

We will now begin with the first Topic, and remember we welcome questions on any topic.

Good Opening Topics:

What brought you to this meeting tonight?

What keeps you coming back to OA?

We will now move on to the next topic. Please remember we welcome questions on any topic. Just raise your hand, and I will call on you. The next topic is

Why is abstinence important to you?

How do you get through a rough day?

What does willingness mean to you?

How has the obsession with food affected you physically,

More topics on next page...

Leader selects any topic they wish.

What are you doing to avoid relapse?

What is your biggest trigger?

What did I learn from breaking our abstinence? What can I do differently next time?

How do you keep your memory green?

How do you find your Higher Power?

What is your favorite OA tool?

Am I afraid to get abstinent and if yes, why?

How do you keep your memory green?

What are some travel/vacation tips that work for you? How is your program portable?

How do you begin your day in order to abstain from compulsive eating?

How does remaining abstinent improve the quality of your life?

How do you surrender to a power greater than yourself?

What is your favorite OA slogan? Why?

What helps when you have food thoughts?

What excuses have you used in the past to eat compulsively?

How can I comfort myself without food when I am upset, anxious or afraid?

Do I speak to myself kindly, or critically? How can I be kinder to myself?

What is your favorite OA tool?

AT 8:58PM:

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:

It's time to close the meeting. Thank you all for joining us.

Remember: we are here for you. You are not alone anymore. Welcome back to Overeaters Anonymous. Welcome home.

Stay on if you'd like to meet sponsors and ask questions and chat. We hope to see you all back here next week.

If you'd like to unmute, we will end 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.

END