

## Thursday Morning OA Step Meeting

Good Morning and welcome to the Virtual Thursday morning Step Meeting of Overeaters Anonymous.

My name is \_\_\_\_\_ and I am a compulsive overeater (food addict).

For those of you who care 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.)

Are there any other compulsive overeaters here besides myself?

Would someone please read:

- The Preamble?
- The 12 Steps?
- The Tradition of the Month?

Is there anyone here who is new to OA or here for the first time? Please introduce yourself by your first name and the town that you are from so we may welcome you.

We encourage all newcomers and not-so-newcomers to: get a sponsor to help guide you in your recovery; develop a plan of eating and if you wish, write it down and report this food plan daily to your sponsor; read OA and AA approved literature to develop a working knowledge of the 12 Steps and 12 Traditions.

New Comers Packets and OA literature are available at: [www.oa.org](http://www.oa.org)  
The link will be posted in Chat.

If you wish, please use the “chat” function to add your name, phone number, email address or comments to the group as a whole.

Seventh Tradition: According to our 7th Tradition we are self supporting through our own contributions. Our expenses are the cost of our Zoom account and donations to NJIOA. NJIOA disperses our funds to Intergroup, World Service and Region 7 to help carry the message to other compulsive overeaters. The suggested donation is \$3.00 or more, but please give whatever you can. The Venmo handle for this meeting is: @Monte-Schwartz and will be posted in Chat. We ask that you donate via our Venmo handle, our digital envelope that is passed around the meeting. Our treasurer's report is on the last Thursday of every month.

At this time, we will go around the room and introduce ourselves. Please announce if you are a sponsor.

This is a child and animal friendly virtual meeting. Interruptions are to be expected. We come together to recover with the understanding that we all seek to be patient, tolerant, kind and loving to all who enter our rooms.

We also ask that you please mute your screens.

Is anyone celebrating an anniversary this month - days, months or years?

Are there any other OA related announcements?

At this meeting we read the steps in the OA 12 Steps and 12 Traditions. When completed, we read the steps in the AA 12 Steps and 12 Traditions. We take turns reading a portion from the text. Then the person reading may share some personal experience from his/her own

recovery related to the portion read or they may opt to pass. (*Note to leader: When reading from the 4th Step in the OA 12 & 12, we do not read the actual inventory questions. Please inform the meeting if this applies.*)

On the last Thursday of the month, we read the Tradition of the month. We read the entire tradition and then share on the reading.

To facilitate sharing the time with each other, we ask that each person share for no more than three minutes. A time-keeper is asked to assist with keeping track of the time. Would someone be willing to keep time?

As you share your experience and strength in OA please also share your hope. Please confine your sharing to your experience with the disease of compulsive eating, the solution offered by OA and your own recovery from the disease, rather than just the events of the day or week.

Feedback, cross talk and advice giving are discouraged here. Cross talk during an OA meeting is giving advice to others who have already shared, speaking directly to another person rather than to the group and questioning or interrupting the person speaking/sharing at the time. (*The leader may remind the group, if necessary, of our commitment to share from a place of recovery from the disease.*)

We will now begin the reading portion of our meeting with our opening prayer (*leader reads*):

**God, we invite You into this room, to guide and direct each of us as we seek Your truth. Please remove our fears and set aside, within each of us, anything that would block us off from You. Lay aside our prejudices about what we think we know about this process, this meeting and our spiritual condition. Give us the strength and courage to share Your truth with**

**each other in a real spirit of love and compassion for our fellow man. Amen.**

Now we will begin reading and sharing (*the place we left off should be recorded in the We Care Book*); please confine your comments to the text we are reading as much as possible. Who would like to begin?

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*(At approximately 10:25)*

We are out of time for today. Please record where we left off.

The opinions expressed here today are those of individual OA members and do not represent OA as a whole. Please remember our commitment to honor each others' anonymity. What you hear here, whom you see here, when you leave here, let it stay here. Let us all reach out to newcomers, returning members and each other. This is an important part of our recovery from compulsive overeating since isolation is so much a part of the active disease.

After a moment of silence for those still suffering in and out of the rooms, will those who wish please join us in The Serenity Prayer.

## OA Preamble

Overeaters Anonymous is a fellowship of individuals who, through experience, strength and hope, are recovering from compulsive eating.

We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members, we are fully self-supporting through our own contributions, neither soliciting or accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine, we take no position on outside issues.

Our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the 12 Steps to those who still suffer.

## OA Twelve Steps

1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. *Made a decision to turn our will and our lives over to the care of God as we understood Him.*
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
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.
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.

## OA Twelve Traditions

1. Our common welfare should come first; personal recovery depends upon OA unity.
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.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
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.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
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.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.