

Opening:

“Welcome to the Sunday afternoon NEW BEGINNINGS meeting of Overeaters Anonymous. My name is _____. I am a compulsive eater and your leader for this meeting.”

“Will those who wish, 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 wisdom to know the difference.”

What is OA? SLIDE

The 12 steps SLIDE

The Meeting Intent

Whether you are a seasoned Old timer, just getting started or starting over, this meeting is for you!

Diversity Statement

“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.

Newcomer Welcome

“Is there anyone here for the first, second, or third time? Would you please tell us your first name so we can welcome you? If you are returning to OA or are visiting from another area, please tell us your

first name so we can also welcome you.” [Welcome each person by name.]

Upon request, a newcomers orientation meeting can be scheduled at a future time. Please talk to the leader after the meeting for more information.

This is a discussion meeting. The topic today is _____.

(Leader picks a topic from list that is found on the first page of the SLIDES. *May ask another member to screen share the appropriate slide*)

Suggested guidelines for sharing (*Let individual read*)

“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 or sharing at the time.”

Display the TOPIC SLIDE- and read it.

"The floor is open".

OPTIONAL Question for Writing Reflection

Read the question at the end of the slide and allow 5 minutes for writing.

OPTIONAL Q and A

"Please write any questions you would like someone to answer in the chat and address it to _____."

Closing

"SEVENTH TRADITION: "According to our Seventh Tradition, we are self-supporting through our own contributions. We encourage OA members to give as much as they are able, to help our group be self-supporting. The suggested contribution is US\$5.00 or more."

"By following the Twelve Steps, attending meetings regularly, and using the OA Tools, we are changing our lives. You will find hope and encouragement in Overeaters Anonymous. To the newcomer, we suggest attending at least six different meetings to learn the many ways OA can help you"

"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 other's anonymity. Whom you see here, What you hear here, When you leave here, Let it stay here. Let us all reach out by phone or email to newcomers, returning members, and each other. Together we get better."

"Will all who care to, join me in the OA Promise"

Display the OA Promise that is found on the next page.

The OA Promise

I put my hand in yours, and together we can do what we could never do alone.

No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower.

We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.