

Saturday Morning Delmar Meeting -- 9:00

Before starting the meeting, make sure you have:

- “We Care” list on the clipboard -- do not pass until format says to
- Announcements clipboard -- do not pass until format says to
- 7th Tradition basket -- do not pass until format says to
- “Newcomer Welcome Coins” and “I put my hand in yours” pocket cards
- A short reading to introduce our literature to newcomers (see #10)
- “Our Invitation to You” with steps on the back

You have the option of finding volunteers before you start the meeting to:

- read “Our Invitation to You”
- be the spiritual timekeeper
- share on one tool for one minute

1. **[9:00]** Before we begin, please silence your cell phones.
2. Welcome to the Saturday Morning Beginners’ meeting of Overeaters Anonymous. My name is _____. I am a compulsive overeater and your leader for this meeting.
3. Let’s start with 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. Are there any problem eaters here beside myself? **Wait for people to raise their hands.** Is there anyone here for a first, second, or third time? **Look for hands. If any, ask them:** Please tell us your first name so that we can welcome you. **If it is a first-timer, give them a newcomer coin and pocket card and say:** Please take this coin as our welcome and a reminder that together we can do what we could not do alone.

If there are newcomers, say directly to them: Generally, we don’t answer questions about OA during the meeting, but after the meeting, members will be available to talk with you and answer your questions. At the end of this meeting, you are encouraged to visit the literature table, take free OA pamphlets, and purchase books. We also have our yellow Getting Started list, which has contact information for people willing to answer questions.

5. Is there anyone returning to OA or are visiting from another area? If so, please tell us your first name so that we can welcome you.
6. I have asked _____ to read Our Invitation to You, to be followed by passing the 12 Steps.
7. We have 12 traditions which guide our group. One of which is the third tradition, which states that the only requirement for OA membership is a desire to stop eating compulsively.

Further, we are a community of individuals who have a variety of problems with food, including those who restrict, overeat, or eat compulsively. By sharing our experience, strength and hope, we are recovering from these problems. We welcome everyone who wants to stop hurting themselves with food, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait. OA has no opinion on weight-loss surgery, and welcomes individuals who have had the surgery or are contemplating it.

8. Abstinence is a key concept in OA. We work with our sponsors, other OA members, and sometimes outside professionals to create a plan of eating that meets our specific health needs. When you are ready, ask for help in defining your abstinence.
9. There are 9 Tools of Recovery in OA: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service. These tools assist us as we work and live the Twelve Steps. I am passing the short form of the Tools to be read.

If you haven't already done so, ask for a volunteer to share on one tool for one minute. I have asked _____ to share on one of the tools for one minute. **If you haven't already done so, ask for a spiritual timekeeper.** Spiritual timekeeper, would you time one minute, please?

10. At this point we have a short reading to introduce newcomers to our literature. I have chosen _____.
11. I am passing around our "We Care" list. Signing the list is optional. Feel free to take numbers from the list. The list is either given to a member or destroyed at the end of the meeting.

12. I am passing the announcements and sign-up clipboard. All are welcome to add new OA-related announcements and sign-up for service. All other information is on the table.
13. According to our seventh tradition, there are no dues or fees for members. I am passing the basket. Contributions are optional. We use these contributions to cover rent for this meeting space, to purchase literature, and to support OA locally, regionally, nationally, and around the world.
14. **Leader qualifies for 7 to 10 minutes sharing experience, strength, and hope. You, as the leader, are encouraged to use “beginner friendly” terminology. Either avoid or explain any OA jargon.** Spiritual timekeeper, may I have ____ minutes, please?
15. **[After sharing]** I am selecting the _____ step (**one of first three steps; if a newcomer is present, read that step aloud**). May I have one additional topic?
16. Reminder: We want everyone to feel safe to share here, without fear of judgment or comment from others. To achieve this, we refrain from giving advice, commenting or addressing members directly. We refrain from mentioning specific foods, but can mention general food groups. We have a timekeeper who will give three minutes for each share. Timekeeper, please remind us now what that sounds like. Is everyone able to hear the timer? **Look for confirmation.** The meeting is now open for sharing.
17. **Call on people to share. Make sure to look at all areas of the circle. If a member continues after their three minutes are over, leader has discretion to interrupt them.**
18. **[9:50] If there are newcomers:** At this point in the meeting, we give newcomers an opportunity to share if they wish to. **Look to see if any newcomers want to share.**
19. **[9:55]** We are approaching the end of the meeting. Is there anyone who has a “burning desire,” or who feels they might eat compulsively today if they do not get a chance to share? **Call on those or, if none, ask for one more person to share.**

20. **[9:59]** It is time to close. This is a large meeting. If you did not get the opportunity to share today, please talk to someone before you leave.

21. **On the business meeting Saturday of the month, announce that there is a business meeting following the meeting. Do a literature drawing now.**

22. **If there are newcomers, say directly to them:** When we were new to OA many of us were unsure if we belonged here. We encourage you to attend at least 6 meetings before deciding whether OA is for you. It takes time to get used to our meetings, the concept of abstinence, and our 12 step language. Everyone here was a newcomer at one time. We welcome you and encourage you to become part of this community of recovering people. Would members please raise your hand if you are available to meet with newcomers after the meeting?
Look for hands.

23. The opinions shared here today are those of individual OA members and do not represent OA as a whole. Anonymity is one of our sacred traditions, which means that who you've seen here, what you hear here, when you leave here, let it remain here.

24. Thank you for allowing me to be your leader. Please join me in the Serenity Prayer in the plural.

"God, grant us the serenity to accept the things we cannot change; courage to change the things we can; and wisdom to know the difference."

3/17/2020