

Thursday OA 12&12@12 Phone Meeting

Host: 712-775-7000 Code 164425*
Callers: 712-775-7000 Code 164425#

Host functions:

*5 -- mutes all callers except yourself (callers can use *6 to unmute/mute themselves)

*5 again – callers can no longer use *6 to unmute

*5 again -- unmutes all callers

*2 – hear how many callers there are

Host may write down names of attendees and call on them to read.

Host may choose to not mute everyone when the meeting is small. (see #5 below)

1. **[Noon]** Welcome to the Thursday **12&12@12** phone meeting of Overeaters Anonymous. My name is _____. I am a compulsive overeater and your leader for this meeting.
2. Are there any other problem eaters here beside myself? . . . Welcome!
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. If you are new to OA, would you like to tell us your first name so we can welcome you? . . . Welcome! As our third tradition states, the only requirement for OA membership is a desire to stop eating compulsively.
5. **[Muting the group is at the leader's discretion.]** I will now mute all participants. **[*5]** Unmute yourself when you wish to speak and return to mute when you are done. One option for muting and unmuting is by pressing *6 [star 6].
6. Please note that this conference number will occasionally prevent a caller from unmuting or drop a caller. If this happens to you end the call and redial.
7. Overeaters Anonymous is a community of individuals from all walks of life, in all shapes and sizes, who meet in order to help solve a common problem—compulsive eating, which includes obesity, anorexia, bulimia, grazing, bingeing, over exercise, restricting, and body dysmorphia. 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.

There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religion; we take no

position on outside issues. OA has no opinion on weight-loss surgery, and welcomes individuals who have had the surgery or are contemplating it.

8. This abbreviated meeting, ending at 12:45, focuses on OA's Steps and Traditions. We read from the 2nd edition of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*—the “purple book.” Members can also share service opportunities by reading the 12 Steps, reading the 12 Traditions, giving a brief positive pitch on a tool, being a timekeeper, or by hosting.
9. Would someone please read the 12 Steps? They can be found on page 169.
10. Would someone please read the 12 Traditions? They can be found on page 170.
11. 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. Would someone please make a brief positive pitch for one of the tools?
12. At this meeting, we read the Steps in succession, except for week 3 when we read the Tradition corresponding to the month. We read the entire Step or Tradition, except for Step 4, which we split into two weeks. [pages 25-30; pages 31-37]

Today, we are reading Step [Tradition] _____, starting on page _____. Please read a few paragraphs and say “pass” when you are done. In order that all have an opportunity to read, the leader may allow for silence while waiting for a new reader or call on a reader. Would someone please start us off?

13. **[When finished reading]** Thank you, everyone. We've now reached the sharing portion of our meeting. During our shares, we refrain from giving advice, commenting on others' shares, and addressing members directly. We refrain from mentioning specific foods, but do mention general food groups. We adhere to the OA principal of anonymity during our shares. Also note that this meeting is open to all, so please consider your own privacy during your share. Is there a volunteer to be a spiritual timekeeper? **[wait for a volunteer]** Timekeeper, not all may hear your alarm, so please interrupt the speaker by saying “time” or “gentle reminder.”

Please share on the Step [or Tradition] we read or its corresponding spiritual Principle. We have a timekeeper who will give three minutes for each share. Who would like to share? **[If leader has muted everyone:]** When you are ready to share, unmute yourself. Please remember to mute yourself when you are done sharing.

14. **[12:44]** It is time to close. Thank you for joining us today. Would everyone who wishes to please unmute yourself?
15. 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.
16. Do we already have a host for next week? **[If not]** Is there anyone willing to do this service?
17. We hold our business meeting the 2nd Thursday of the month, directly after this meeting. All are welcome.

[Announce through July 9th:] At our July 9th business meeting we will continue our discussion on whether to register this meeting at OA.org.

18. 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.”

6/11/2020