

# HOW IT WORKS

## Housekeeping:

[Click here for Pre-Meeting ZOOM Room Protocols](#)

## Meeting Intro

Welcome to our *{insert name of meeting}* meeting of Overeaters Anonymous, and to our virtual intergroup, OA Foot Steps. My name is *{insert name}*. I am a compulsive eater and your leader for this meeting.

## Opening Prayer

Please join me in the Serenity Prayer. We would welcome you to share it in your native language, if you wish, to truly celebrate the diversity of this global community:

***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.***

## OA's 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..."*

- Revised Unity with Diversity Policy at WSBC 2021 [{Full Statement can be found here}](#)

## Welcomes & Introductions

Welcome Home! If you are new to this meeting, we welcome you especially! We would invite you, and all members present here today, to write a brief introduction in the chat. Please share your name, whereabouts you are located. If you would like to be contacted, please also leave your contact details if you wish. Please indicate if you are available as a

sponsor. You may also wish to share a little about how your recovery program is going today, or maybe something you might wish to leave at the virtual door. Thank you!

## OA Preamble

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. 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 religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

## How It Works

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program. Usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it – then you are ready to take certain steps...

*{Pause here for a moment. Ask a volunteer to read the 12 Steps, then continue afterwards }*

## The Twelve Steps

*May I please have a volunteer to read the Twelve Steps, and the Tradition of the month?*

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.

## How It Works {continued}

... At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with food – cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power- that One is God. May you find Him now! Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

## The 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 nonprofessional, 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.

## DEFINITIONS IN OA:

<https://oafootsteps.com/definitions>

## TYPE OF MEETING:

<https://oafootsteps.com/type-of-meeting>

## SUGGESTED GUIDELINES FOR SHARING:

<https://oafootsteps.com/guidelines>

## ANNOUNCEMENTS:

Click here for the [Meeting Announcements List](#) that can be pasted directly into the chat during the meeting. Are there any other OA related announcements to share today?

## REPORTS:

This is a suggested opportunity for the meeting secretary to share any OA announcements, and to celebrate birthdays & milestones. Ideally, Intergroup Representative's report and Treasurer's report are to be given once a month.

## 7<sup>th</sup> TRADITION:

According to our Seventh Tradition, we are self-supporting through our own contributions. Your contributions go towards this group's expenses: Zoom account access, web-hosting, chips, pamphlets and postage. We send regular contributions to [the Virtual Region](#), and the [World Service Office](#) {WSO} to help carry the message to other compulsive overeaters.

Give as if your life depends on it! We encourage OA members to give as much as they are able, to help our group be self-supporting. While the suggested contribution is US\$5.00 or more, we welcome contributions of any amount. PayPal charges a set fee for each donation, so larger and less frequent donations go farther.

OA Foot Steps 7th Tradition Paypal Information: <https://oafootsteps.com/7th-tradition>

Cheque or Money Order: Please make your cheque payable to: OA Foot Steps VIG #09670 and mail to: Suite #131-356 Ontario

## Closing

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. There are many different types of meetings, all of which are available to support your recovery from compulsive eating. Information about these meetings can be found on [oa.org](http://oa.org).

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.

Thank you for asking me to be your leader. After a moment of silence, will those of you who wish please join us in the OA Promise.

## Prayer

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 & strength,  
Greater than ours.  
And as we join hands,  
We find love and understanding  
BEYOND OUR WILDEST DREAMS!!!

Keep coming back!  
It works if you work it...

And you're WORTH it!!

This meeting is now closed.

Are there any OA related questions?

