

WRITING MEETING

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.

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.

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>

LITERATURE:

Only [OA-approved literature](#) is shared at this meeting. We do not screen-share OA copyright literature, according to [OA's Copyright Procedures and Guidelines](#). Many OA members find that reading our literature on a daily basis further reinforces how to live the Twelve Steps. More information about how to obtain [OA literature](#) will be provided in our announcements later in the meeting.

Please remember that when we read ANY Alcoholics Anonymous literature aloud in a group, we are asked to read it exactly as written. When reading it silently, many of us find that we can identify more easily by substituting words such as 'compulsive eating' for 'alcoholism,' and 'food' or 'binge food' for 'alcohol.'

READING & WRITING MEETING:

This meeting is a reading and writing format where we bring our OA literature, Step studies, or Big Book and spend self-directed time reading and writing. We write for ten minutes and then

break to share our work with each other for fifteen minutes. We will do two rounds like this today.

The Tools of Recovery pamphlet tells us, *‘Putting our thoughts and feelings down on paper, ... helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them’* (p. 4).

We read OA-approved books, including The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition; Alcoholics Anonymous, Fourth Edition (the Big Book); and OA’s daily readers For Today and Voices of Recovery, and OA pamphlets and Lifeline magazine. Reading literature daily reinforces how to live the Twelve Steps and Twelve Traditions of OA.

MEDITATION: We will now have a three-minute period of meditation to bring ourselves fully into this room and invite our Higher Power to guide us in our work.” [3 minutes]

READING AND WRITING PERIOD #1: Our first study period starts now. If you do not have or did not bring OA literature with you today, you are welcome to look in our meeting binder under the ‘writing prompts’ tab for something to work with.” [10 minutes]

SHARING PERIOD #1: We will now have fifteen minutes to share on what we have read and written. 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. We ask everyone to respect this group conscience. This meeting has decided that the chair for each meeting has the discretion to suggest to anyone sharing that he or she is off-topic or speaking too long. The meeting asks you to accept this suggestion in order to keep the meeting on track. The meeting is now open for sharing on what you read and wrote. [15 minutes total/ shares 2-3 minutes each]

READING AND WRITING PERIOD #2: Our second study period starts now.” [Set timer for 10 minutes]

SHARING PERIOD #2: We will now have our second sharing period for fifteen minutes. Please remember to avoid feedback, cross talk, and advice giving and to focus your share on what you read and wrote. [15 minutes total/ shares 2-3 minutes each]

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.

7th 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 Street, Stratford, ON Canada, N5A 7X6

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.

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?

