

11th Step Meditation & Writing

Meeting Format

Welcome:

“Welcome to the Monday night 11th Step Meditation and Writing Meeting of Overeaters Anonymous. My name is _____, and I am a compulsive overeater and your leader for tonight. It is the Group Conscience of this meeting to please silence your cell phones at this time.”

Will those who wish to, please join me in the Serenity Prayer:

“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.”

Statement on Unity and Diversity Policy:

“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.”

*******Read only if Visitors or Newcomers are present*******

Visitors: “Are there any visitors from another area, or members returning to OA? Could you please tell us your first name so we can welcome you?” [Welcome each person by name]
Newcomers: “Is there anyone here for their first, second, or third time to this meeting? Could you please share your first name so we can also welcome you?” [Welcome each person by name] We invite you to stay after the meeting to ask us any questions you may have.” “We encourage you to: · Get a sponsor to help guide your recovery. · Develop a plan of eating and, if you wish, write it down and share it with your sponsor and · Read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.”

Introductions:

“Let’s go around the room and introduce ourselves; if you are a Sponsor, please identify yourself.”

The following is the 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.”

Statement on Abstinence and Recovery:

“Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working toward or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living the Overeaters Anonymous Twelve Step program.”

The OA Tools of Recovery:

“The OA Tools of Recovery help us work the Steps and refrain from compulsive overeating. They are: A Plan of Eating, Sponsorship, Meetings, Telephone, Writing, Literature, Action Plan, Anonymity, and Service. For more information on the OA Tools, please read the Tools of Recovery pamphlet.”

The Twelve Steps:

“Would someone please read the Twelve Steps of Overeaters Anonymous?”

The Twelve Traditions:

“Would someone please read the Twelve Traditions of Overeaters Anonymous?”

7th Tradition:

“According to our 7th Tradition, we are self-supporting through our own contributions. We send regular contributions to Region One, Intergroup, and the World Service Office to help carry the message to other compulsive overeaters. We encourage OA members to give as much as they are able. Please give as if your life depends on it! Our current treasurer, _____, will put her address in the chat for mailing checks.”

Announcements:

“Are there any OA related announcements?” “Are there any OA Birthdays?”

Meeting Format/Timer:

“This meeting format includes 10 minutes of silent meditation, followed by 5 minutes of writing. After the writing portion, the meeting will then be open for sharing.”

“Would someone volunteer to run the timer?”

Meditation Description:

“Would someone please read Step 11, followed by two paragraphs from pages 78-79 from the Twelve Steps and Twelve Traditions of Overeaters Anonymous second edition? [beginning with “Meditation is our way of quieting our minds”] and a paragraph on page 86 from the same book [beginning with “In Step Eleven, we learned the Principle of spiritual awareness”]

[after the reading, say:] “Let’s pause for a moment of silence to center ourselves for the reading Let Go, Let God. The reading will be followed by meditation and writing.”

Meditation:

Let Go, Let God [please read slowly and thoughtfully]

Let go, Let God;

Centering myself in Spirit, I let go and let God.

When facing a difficult challenge or a project
that seems impossible to complete,

I take a moment and center myself in spirit.

As I let go of any anxieties, I let divine qualities
flow through me and prepare me for the task at hand.

I close my eyes and breathe deeply;

With each exhale, I release and let go.

Each time I inhale, I accept and let God.

I breathe out worries and concerns.

I breathe in divine wisdom;

I breathe out all fear and uncertainty.

I breathe in peace and love;

I breathe out any feeling of unworthiness.

I breathe in oneness with the presence of God.

“We will now begin the silent meditation. Will the timer please start timing for 10 minutes?”

[After 10 minutes please announce the time of silent meditation is up]

Writing Exercise:

“The Tools of Recovery pamphlet tells us, ‘Most of us have found that writing has been an indispensable tool for working the Steps. Further, putting our thoughts and feelings down on paper, or describing a troubling incident, 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’.”

“We will now take 5 minutes to write down our thoughts. Will the timer please start timing for 5 minutes?”

[After 5 minutes, announce the time of writing is up]

Open for Sharing:

“Now is the time for sharing. You may share your experience strength and hope, your time in meditation or whatever is on your heart today. We ask that you limit your shares to 3 minutes so that as many members who wish to, will be able to share. 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 will share until 6:25 pm. The meeting is now open for sharing.”

Closing — 6:25 pm:

“Are there any burning desires? Has everyone had a chance to share?”

“In conclusion, the opinions expressed here tonight are those of individual OA members and do not represent OA as a whole. Please remember our commitment to honor each other’s anonymity: What you hear here, whom you see here, when you leave here, let it stay here.”

Final Reading:

“Would someone please read the excerpt from page 86-87 of the Twelve Steps and Twelve Traditions of Overeaters Anonymous second edition? [“We who began working the steps.”]

Responsibility pledge:

“Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”

Thank You:

“Thank you for allowing me to be your leader tonight. Would someone be willing to lead the meeting next week? And would someone be willing to be zoom host next week?”

After a moment of silence, will those who wish to, please join me in _____
[Leaders choice: either the OA Promise (Rozanne’s Prayer) or the 11th Step Prayer (Prayer of St. Francis of Assisi)]

OA Promise [Rozanne’s Prayer]

“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 will

power. 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.”

11th Step Prayer [Prayer of St. Francis of Assisi]

“Lord, make me an instrument of your peace

Where there is hatred let me sow love

Where there is injury, pardon

Where there is doubt, faith

Where there is despair, hope

Where there is darkness, light

And where there is sadness, joy

O divine master grant that I may not so much seek to be consoled as to console,

to be understood as to understand,

to be loved as to love; for it is in giving that we receive,

it is in pardoning that we are pardoned,

and it's in dying that we are born to eternal life.