**OA Step Study Meeting**

**Wednesday from 5:30-6:30**

**(revised 2/28/2023)**

**ZOOM CODE:**

<https://us02web.zoom.us/j/82252574322?pwd=V0VvSUNXR2ZuNXhtZFA2MSthMTFHQT09#success>

**Leader: No need to assign readings in advance. We ask for volunteers for each reading.**

**Welcome**

Welcome to the Wednesday meeting of Overeaters Anonymous.

My name is \_\_\_\_\_\_\_. I am a compulsive overeater and your leader for this meeting.

Please join me in 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."

**Unity with Diversity**

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, differing abilities, or any other trait.”

**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.

**Introductions**

"So that I don't feel alone, are there any compulsive overeaters here besides myself?” "Are there any newcomers here for their first, second or third Overeaters Anonymous meeting?" (If yes, ask the newcomers to share their first name so we may welcome them). "Is there anyone here in their first 30 days of abstinence or celebrating an abstinence birthday?"

Now we will each identify ourselves. If you wish, please also put your contact and sponsor information in chat.

Will someone please read Our Invitation to You?

Will someone please read the Twelve Steps?

Will someone please read the Twelve Traditions?

**Step/Tradition for Today**

Today we will read Step/Tradition number (\_\_) from the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. We will take turns reading a few paragraphs each.

**Speaker**

I will now share for 15 minutes. Please tell timer if you would like an alert before your time is up.

**Sharing & Questions**

Our meeting is now open for sharing or questions for the speaker. Shares will be timed at 3 minutes. Please select the “RAISE HAND “option on your device or raise your actual hand and the speaker select people.

**At 6:20: Burning Desire**

That is all the time we have for regular sharing. Does anyone have a burning desire?

**At 6:25 p.m.**

**7th Tradition**

We will now observe the 7th tradition. According to our 7th Tradition, we are self-supporting through our own contributions. We send regular contributions to the South Sound OA Intergroup Region One and the OA World Service Office to help carry the message to other compulsive overeaters. You can send a 7th Tradition check to our treasurer (name), whose phone number is in the chat to call/text her directly for her address.

**Secretary's Announcements**

Secretary thanks speaker and all who do service.

Are they any OA-related announcements?

**Final Reading**

Would someone please read “A Vision for You” or “The Promises” from the Alcoholics Anonymous Big Book?

**Farewell**

Thank you for letting me be of service today. Please remember our cherished tradition of anonymity: whom you see here; what you hear here, when you leave here; let it stay here.

**Closing Prayer**

After a moment of silence for the compulsive eater who still suffers, will someone please lead us in a closing prayer of their choice?