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# OA SAT 9:30 AM ZOOM MEETING FORMAT

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## TABLE OF CONTENTS

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<b>FOR THE LEADER:</b> .....	<b>1</b>
<b>MEETING FORMAT GUIDE</b> .....	<b>2</b>
<b>14A. NORMAL SATURDAY SPEAKER FORMAT</b> .....	<b>3</b>
<b>14B. LAST SATURDAY OF THE MONTH ONLY: CHIP &amp; TRADITION FORMAT</b> .....	<b>3</b>
<b>THE TWELVE TRADITIONS OF OVEREATERS ANONYMOUS</b> .....	<b>5</b>
<b>HOW IT WORKS (CHAPTER 5 OF THE BIG BOOK OF AA, PP. 58-60)</b> .....	<b>6</b>
<b>OUR INVITATION TO YOU</b> .....	<b>7</b>
<b>THE PROMISES (9TH STEP) (CHAPTER 6 OF THE BIG BOOK OF AA, PP. 83-84)</b> .....	<b>8</b>
<b>PRAYERS</b> .....	<b>9</b>
THE OA PROMISE / ROZANNE’S PRAYER / UNITY PRAYER): .....	9
SERENITY PRAYER (EXTENDED VERSION) .....	9
3RD STEP PRAYER—PAGE 63.....	9
4TH STEP PRAYER (RESENTMENTS)—PAGE 67 .....	9
11TH STEP PRAYER/PRAYER OF ST. FRANCIS OF ASSISI .....	9

## FOR THE LEADER:

### **PRIOR TO THE MEETING: ASK FOR VOLUNTEERS:**

- TO READ EITHER "[Our Invitation to You](#)" OR "[How it Works](#)"
- TO OPERATE THE TIMER DURING THE 15-20 MINUTE SPEAKER PART & DURING THE 2 MINUTE SHARES
- TO READ "[The Promises](#)" AT THE END OF THE MEETING
- **NOTE:** THE LAST SATURDAY OF THE MONTH IS A CHIP AND TRADITION MEETING. IN **STEP 14** FOLLOW THE "[Last Sat of the Month only](#)" INSTRUCTIONS INSTEAD OF THE "[Normal Saturday speaker format](#)".
- IN STEP 5, YOU CAN CLICK ON "[The Twelve Traditions](#)" TO GO TO THE TRADITIONS WITHIN THIS DOC.
- AT THE END OF THE MEETING, YOU CAN CUT/PASTE YOUR [CLOSING PRAYER](#) CHOICE INTO THE CHAT FOR ALL TO FOLLOW ALONG.
- ANYTHING UNDERLINED IS A HOT LINK TO THAT SECTION OF THIS DOCUMENT.

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## MEETING FORMAT GUIDE

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1. Welcome to the Boulder, Colorado Saturday Speaker's Meeting. Please Mute yourself whenever you are not speaking. If you are dialing in from a phone, please use \*6 to mute and unmute yourself.
2. Welcome to the Saturday morning speakers meeting of Overeaters Anonymous. My name is \_\_\_\_\_ and I am a compulsive eater and your leader for this meeting. Whatever problem you may have with food, you are welcome at this meeting. Are there any compulsive eaters here beside myself?
3. Will all who care to please join me in the Serenity Prayer?
4. **OA Preamble:** "Overeaters Anonymous is a fellowship of individuals who through shared experience and mutual support are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for membership; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. Overeaters Anonymous is not affiliated with any public or private political movement, ideology, or religious doctrine. We take no position on outside issues. Our primary purpose is to recover from compulsive overeating and to carry this message through the Twelve Steps of OA to those who still suffer".
5. \_\_\_\_\_ has volunteered to read "[Our Invitation to You](#)" or "[How it Works](#)" (whichever one has been selected).
6. Since this is the \_\_\_\_\_ (1st, 2nd, 3rd, etc.) month of the year, I will read the \_\_\_\_\_ Tradition, which states: (leader reads the tradition from "[The Twelve Traditions](#)").
7. "The OA tools of recovery help us work the Steps and refrain from compulsive overeating. The nine tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity and service."  
"Abstinence in Overeater's Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Recovery is the removal of the need to engage in compulsive eating behaviors. Spiritual, emotional and physical recovery is achieved through working and living the OA 12 Step program."
8. **Sponsors:** "Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the 12 Steps & 12 Traditions to the best of their ability. Sponsors share their program up to the level of their experience and strengthen their recovery through this service to others. To find a sponsor, look for someone who has what you want, and ask how he or she is achieving it. Will all available abstinent sponsors please identify themselves?
9. Please use the chat window of the zoom app to enter your name, phone number, email address, whether you're available to sponsor, whether you're a newcomer, and any feelings you'd like to share. Feel free to take numbers to contact other OA members.

The "We Care" contact list has been added to our shared Google doc and the link will be posted in the chat. If you want to be added to the contact list, or have the contact list emailed to you, send an email with your information to: [bouldersaturdaymorningoa@gmail.com](mailto:bouldersaturdaymorningoa@gmail.com).

10. If you are interested in being a speaker, please contact Al. If you are interested in being a Meeting Leader, please contact Robin W. There is also a link to a sign-up sheet posted in the chat window. Service adds greatly to the stability of this meeting.
11. Are there any updates from our service position holders that they would like to share?
12. Because of the extra time that introducing ourselves has been taking, we will be limiting it to newcomers, returning members, and those outside the Boulder area. Are there any newcomers? Returning Members? Those outside the greater Boulder area that would like to introduce yourselves? Please unmute.
13. \_\_\_\_\_ is our timer for today. Please be sure you're un-muted when announcing the time and speak up; You may also give a visual cue for time signals. If you are the speaker, please acknowledge that you've received the timer signal.
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14. **A) SPEAKER SATURDAY** - OR - **B) LAST SATURDAY ONLY: CHIP & TRADITION SPEAKER**

<b>14a. Normal Saturday Speaker format</b>	<b>14b. Last Saturday of the month Only: Chip &amp; Tradition Format</b>
<p>1. The speaker will now talk for 15-20 minutes, and when s/he is done the meeting will be open for sharing. I will now turn the meeting over to our speaker, who is _____.</p> <p><i>(IF THE SPEAKER IS UNAVAILABLE, ASK: "IS SOMEONE WITH A MINIMUM OF 30 DAYS OF ABSTINENCE, WHO HAS NOT SPOKEN IN THE LAST 6 MONTHS, WILLING TO SPEAK TODAY?" IF NO ONE STEPS UP, CHOOSE A PIECE OF LITERATURE TO READ, THEN PASS IT FOR A GROUP READING OF 5-10 MIN)</i></p>	<p>1. Today is an abstinence birthday meeting. We offer virtual chips for Abstinence Birthdays of 30, 60, 90 days, 6 months, 9 months, one year and multiple years. Is anyone celebrating one of these birthdays?</p> <p>2. Our Tradition speaker this month is _____. S/he will take 10 minutes to read from the Tradition of the month and share on their experience with this Tradition.</p>

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**AFTER THE SPEAKER IS DONE SPEAKING**

15. **7<sup>th</sup> Tradition:** Though donating any amount is optional, OA World Service suggests a \$5.00 donation. Our group expenses include: \$15 per month for Zoom services and \$50 per month for rent. We have decided to continue to pay the church for rent during Covid.

While no decision has been made to have hybrid meetings once in-person meetings resume, we would like to keep this option open and create a financial cushion to allow us to obtain technology for hybrid meetings.

Remaining funds are divided between Northern Colorado Intergroup of OA, OA World Service, and Region 3. We have posted options in the chat room for "how to donate."

- 16. This meeting ends at 10:30, and we will begin closing at 10:25.
- 17. **If newcomers are present:** We will have an informal newcomer’s meeting immediately after this meeting and will be able to put you in a separate “break out” room. May I have a volunteer to lead the newcomer’s meeting today?
- 18. We remind the group that though it is permissible to say thank you to the speaker, crosstalk is not allowed. Crosstalk during an OA meeting is giving advice to others who have already shared, commenting about another person's share, speaking directly to another person rather than to the group, and questioning or interrupting the person speaking or sharing at the time. Keep your sharing to your own personal experience by using "I" statements, rather than "you." To allow time for more shares, a two-minute timer will be used. The meeting is now open for sharing. Everyone, including newcomers, is welcome to participate. Who would like to start?  
*(IF MORE THAN ONE PERSON SPEAKS UP AT ONE TIME, THE LEADER CAN ACKNOWLEDGE AND HELP CLARIFY THE ORDER. FOR EXAMPLE: "I HEARD SAM AND LOU. LET'S LET SAM GO FIRST, AND LOU WILL SHARE AFTER SAM.")*
- 19. **At 10:15:** It is now 10:15, this is the time for newcomers, those with a year or less in program, or for those who do not often share, to share. Would any newcomers like to share? *(THEN, AS TIME ALLOWS, RE-OPEN FOR GENERAL SHARES.)*

**CLOSING (at 10:25):**

- 20. It is now 10:25. For anyone who did not get a chance to share, we encourage you to talk to someone after the meeting. “The zoom meeting will stay open for anyone who wants to hang out and chat or socialize.”
- 21. Available abstinent sponsors, again, please raise your hands.
- 22. Are there any OA-related announcements?
- 23. Announce: \_\_\_\_\_ has volunteered to read “The Promises”.
- 24. As we close, please remember our commitment to anonymity: Whom you see here, what you hear here, when you leave here, let it stay here. Will all who care to please join me in a circle for the closing prayer?

*(LEADER MAY CLOSE WITH Serenity Prayer, 3rd Step Prayer, 11th Step Prayer, OR THE OA Promise “I Put My Hand in Yours”.)*

*PRAYERS ARE IN THIS DOCUMENT ([click HERE](#)).*

*CUT / PASTE THE PRAYER INTO THE CHAT.*

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## THE TWELVE TRADITIONS OF OVEREATERS ANONYMOUS

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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 non-professional, 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.

[CLICK HERE TO RETURN TO STEP 6](#)

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## HOW IT WORKS (CHAPTER 5 OF THE BIG BOOK OF AA, PP. 58-60)

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<https://12step.org/references/the-big-book/chapter-5/>

[CLICK HERE TO RETURN TO STEP 5](#)

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. 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.

Here are the steps we took, which are suggested as a program of recovery:

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.
2. Made a decision to turn our will and our lives over to the care of God as we understood Him.
3. Made a searching and fearless moral inventory of ourselves.
4. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
5. Were entirely ready to have God remove all these defects of character.
6. Humbly asked Him to remove our shortcomings.
7. Made a list of all persons we had harmed and became willing to make amends to them all.
8. 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.
9. 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.
10. 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.

Many of us exclaimed, “What an order! I can’t go through with it.” Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after making clear three pertinent ideas:

- a) That we were compulsive overeaters and could not manage our own lives.
- b) That probably no human power could have relieved our compulsion.
- c) That God could and would if He were sought.

## OUR INVITATION TO YOU

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<https://oa.org/group-resources-list/our-invitation-to-you-2/>

[CLICK HERE TO RETURN TO STEP 5](#)

We of Overeaters Anonymous have made a discovery. At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health and self-confidence, which some of us had once possessed, were no defense against it.

We have found that the reasons for the illness are unimportant. What deserves the attention of the still-suffering compulsive overeater is this: *there is a proven, workable method by which we can arrest our illness.*

The OA recovery program is patterned after that of Alcoholics Anonymous. We use AA's Twelve Steps and Twelve Traditions, changing only the words "alcohol" and "alcoholic" to "food" and "compulsive overeater."

As our personal stories attest, the Twelve-Step program of recovery works as well for compulsive overeaters as it does for alcoholics.

Can we guarantee you this recovery? The answer is simple. If you will honestly face the truth about yourself and the illness; if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life, and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover.

To remedy the emotional, physical and spiritual illness of compulsive overeating we offer several suggestions, but keep in mind that the basis of the program is spiritual, as evidenced by the Twelve Steps.

We are not a "diet and calories" club. We do not endorse any particular plan of eating. We practice abstinence by staying away from eating between planned meals and from all individual binge foods. Once we become abstinent, the preoccupation with food diminishes and, in many cases, leaves us entirely. We then find that, to deal with our inner turmoil, we have to have a new way of thinking, of acting on life rather than reacting to it—in essence, a new way of living.

From this vantage point, we begin the Twelve-Step program of recovery, moving beyond the food and the emotional havoc to a fuller living experience. As a result of practicing the Steps, the symptom of compulsive overeating is removed on a daily basis, achieved through the process of surrendering to something greater than ourselves; the more total our surrender, the more fully realized our freedom from food obsession.

"But I'm too weak. I'll never make it!" Don't worry, we have all thought and said the same thing. The amazing secret to the success of this program is just that: weakness. It is weakness, not strength, that binds us to each other and to a Higher Power and somehow gives us the ability to do what we cannot do alone.

If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone anymore.

Welcome to Overeaters Anonymous.

## THE PROMISES (9TH STEP) (CHAPTER 6 OF THE BIG BOOK OF AA, PP. 83-84)

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<https://www.recovery.org/alcoholics-anonymous/promises/>

If we are painstaking about this phase of our development, we will be amazed before we are halfway through.

- We are going to know a new freedom and a new happiness.
- We will not regret the past nor wish to shut the door on it.
- We will comprehend the word serenity, and we will know peace.
- No matter how far down the scale we have gone, we will see how our experience can benefit others.
- That feeling of uselessness and self-pity will disappear.
- We will lose interest in selfish things and gain interest in our fellows.
- Self-seeking will slip away.
- Our whole attitude and outlook upon life will change.
- Fear of people and of economic insecurity will leave us.
- We will intuitively know how to handle situations which used to baffle us.
- We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? **We think not.** They are being fulfilled among us — sometimes quickly, sometimes slowly. They will always materialize if we work for them.

[CLICK HERE TO RETURN TO STEP 23](#)



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## PRAYERS

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### THE OA PROMISE / ROZANNE'S PRAYER / UNITY PRAYER):

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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 and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

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### SERENITY PRAYER (EXTENDED VERSION)

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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.  
 Grant me patience for the changes that take time,  
 An appreciation for all that I have,  
 A tolerance for those with different struggles,  
 And the strength to get up and try again One day at a time.

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### 3RD STEP PRAYER—PAGE 63

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God, I offer myself to thee-to build with me and to do with me as Thou wilt.  
 Relieve me of the bondage of self, that I may better do Thy will.  
 Take away my difficulties, that victory over them may bear witness to those I would help of Thy  
 Power, Thy Love, and Thy Way of life.  
 May I do Thy will always.

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### 4TH STEP PRAYER (RESENTMENTS)—PAGE 67

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God, help me to show tolerance, pity and patience. This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.

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### 11TH STEP PRAYER/PRAYER OF ST. FRANCIS OF ASSISI

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Lord, make me a channel of thy peace  
 that where there is hatred, I may bring love  
 that where there is wrong, I may bring the spirit of forgiveness  
 that where there is discord, I may bring harmony  
 that where there is error, I may bring truth  
 that where there is doubt, I may bring faith  
 that where there is despair, I may bring hope  
 that where there are shadows, I may bring light  
 that where there is sadness, I may bring joy.  
 Lord, grant that I may seek rather to comfort than to be comforted  
 to understand, than to be understood  
 to love, than to be loved.

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For it is by self-forgetting that one finds.  
It is by forgiving that one is forgiven.  
It is by dying that one awakens to Eternal Life. Amen.

[RETURN TO STEP24](#)