LEADER FORMAT

SUNDAY ATTITUDE ADJUSTMENT MEETING

LEADER: "Good morning! Welcome to the Attitude Adjustment meeting of Overeaters Anonymous. My name is _____, and I am a compulsive overeater.

Do we have any **newcomers** to our meeting today? Not to embarrass you, but so that we can get to know you, would you please give us your first name?"

LEADER: "Overeater's 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 to carry the message of recovery through the Twelve Steps of OA to those who still suffer."

LEADER: Reads or chooses someone to read the Twelve Steps, and then chooses someone to read the Twelve Traditions.

LEADER: "Would those of you who wish to, join me in the Third Step Prayer?"

ALL: (Group stays muted) "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!"

LEADER: Reads from OA's For Today and then shares his/her experience, strength, and hope, for 15 to 20 minutes.

LEADER: "We will now have pitches until 8:45am."

LEADER: (At 8:45am) Seventh Tradition and OA Announcements.

LEADER: "We are now open for sharing on a topic from today's reading or whatever you want to pitch on. Please limit pitches to 3 to 5 minutes, so everyone has a chance to share.

LEADER: (At 9:20am) Ask if one more person would like to share, burning desire.

LEADER: "I would like to thank everyone for sharing. And remind everyone that our program is based on anonymity and that 'what you hear here stays here'. Will everyone join me in the reading from page 449, or 417, depending on your edition of the Big Book of Alcoholics Anonymous?"

ALL: (Group stays muted) "WHEN I STOPPED LIVING IN THE PROBLEM AND BEGAN LIVING IN THE ANSWER, THE PROBLEM WENT AWAY AND ACCEPTANCE IS THE ANSWER TO ALL MY PROBLEMS TODAY. WHEN I AM DISTURBED, IT IS BECAUSE I FIND SOME PERSON, PLACE, THING, OR SITUATION – SOME FACT OF MY LIFE – UNACCEPTABLE TO ME, AND I CAN FIND NO SERENITY UNTIL I ACCEPT THAT PERSON, PLACE, THING OR SITUATION AS BEING EXACTLY THE WAY IT IS SUPPOSED TO BE AT THIS MOMENT. NOTHING, ABSOLUTELY NOTHING, HAPPENS IN GOD'S WORLD BY MISTAKE. UNTIL I ACCEPT MY OVEREATING, I CANNOT STAY ABSTINENT; UNLESS I ACCEPT LIFE COMPLETELY ON LIFE'S TERMS, I CANNOT BE HAPPY. I NEED TO CONCENTRATE NOT SO MUCH ON WHAT NEEDS TO BE CHANGED IN THE WORLD AS ON WHAT NEEDS TO BE CHANGED IN ME AND IN MY ATTITUDES!!! SO BE IT!!!"

LEADER*: "The Seventh Step Prayer* **--** let us ask God to remove from us all the things which we have admitted are objectionable in us -- especially those we still cling to!"

ALL: (Group stays muted) "MY CREATOR, I AM NOW WILLING THAT YOU SHOULD HAVE ALL OF ME, GOOD AND BAD. I PRAY THAT YOU NOW REMOVE FROM ME EVERY SINGLE DEFECT OF CHARACTER WHICH STANDS IN THE WAY OF MY USEFULNESS TO YOU AND MY FELLOWS. GRANT ME STRENGTH, AS I GO OUT FROM HERE, TO DO YOUR BIDDING. AMEN."

LEADER: "After a moment of silence for the compulsive overeater still suffering, will _____ (choose someone) lead us in a prayer of their choice?" Suggested OA closings since 1993 are: The Serenity Prayer, The Third Step Prayer, the Seventh Step Prayer, or The OA Promises 'I Put My Hand In Yours'."