

WEDNESDAY NIGHT GLENDORA STEP STUDY

Meeting Format

7:00PM – 8:00 PM

Good evening. Welcome to the Wednesday Night Step Study of Overeaters Anonymous. My name is _____ and I'm a Compulsive Overeater.

Please join me in the Serenity Prayer.

This 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 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.

We kindly ask everyone to silence their cell phones and stay muted unless you're speaking. Because this is a study-centered meeting, please try to be alone and distraction free. If that isn't possible, feel free to turn off your video using the "Stop Video" button so the group can stay focused.

To help maintain a calm environment, the chat will be disabled during the study portion and will reopen for the 7th Tradition and announcements.

If you feel comfortable doing so, please add your phone number and/or if you are available to sponsor.

Our Zoom hosts and co-hosts are monitoring the meeting to keep things running smoothly. They may mute, stop video, or remove disruptive participants if needed. Thanks for your patience.

Ask newcomers to introduce themselves so that we may get to know them. Mention that there will be time at the end of the meeting to ask questions and to get phone numbers

Will someone please read Chapter 5 - "How it Works" from the book Alcoholics Anonymous.

This meeting is a Step Study, so the format differs from other OA meetings you attend. It is not intended to replace other meetings you attend or your individual work with a sponsor. Using the *Alcoholics Anonymous* book, the *AA Twelve Steps and Twelve Traditions*, or the *OA Twelve Steps and Twelve Traditions*, we rotate books when each one is completed. The leaders will share their experience with the steps, and we will take turns sharing about what we have read.

Tonight we are on Step _____, page _____. (State how much we will read tonight.) If you don't care to read, simply say "Pass". Please turn to page _____ and we will each read 2 paragraphs.

After readings are completed, the leader asks someone to share their experience, strength and hope as it relates to the step.

The meeting is now open for sharing. Please raise your hand or use the participants' window to raise your "virtual" hand.

Leader: At 7:55pm Ask someone to read the Twelve Traditions.

Now it's time for our Seventh Tradition which states we are self-supporting through our own contributions. In-lieu of passing the basket, the Intergroup website (oasgvie.org) will be typed in the chat box for donations. Money collected pays for our rent and other expenses. Newcomers are asked not to give, but to purchase literature instead, on the website oasgvie.org or from our World Service headquarters at oa.org.

Are there any OA related announcements?

Thank you to everyone who shared, listened, read and gave service at tonight's meeting. If you have questions about OA or Twelve Steps, please be sure to talk with someone after the meeting. Please come back again next week and bring a friend.

After a moment of meditation, will _____ please read "A Vision for You" from Page 164 of the book of Alcoholics Anonymous and lead us in closing with the Serenity Prayer.