

## ATTITUDE ADJUSTMENT MEETING

MONDAY THRU FRIDAY - 7AM PT

**LEADER:** “Good morning and welcome to the Attitude Adjustment Meeting of Overeater’s Anonymous. My name is \_\_\_\_\_, and I am a compulsive overeater. Please remember to silence your cell phone & remain muted unless you are speaking.”

“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.”

“Will someone please read the Twelve Steps?”

“Will someone please read the Twelve Traditions?”

**LEADER:** “Would those who wish to, join me in the Third Step Prayer?”

**ALL (Group Remains 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 a member shares his/her experience, strength, and hope, for 5-10 minutes.

"We are now open for sharing until 7:30 A.M., at which time we will break for the Seventh Tradition and announcements. Please limit pitches to 3 to 5 minutes, so everyone has a chance to share, and share on the topic from today's reading or anything else regarding your OA recovery. Pitches will be timed, with reminders at 3 and 4 minutes. At this meeting, we refrain from cross talk and advice-giving. The "chat" function will be disabled during shares and prayers, and enabled during the 7<sup>th</sup> Tradition and before and after the meeting. You may however send a chat to the host or co-host if needed at any time. Please raise your zoom hand to share. If you are in the SGVIE room and wish to share, please raise the hand for the SGVIE room. If on audio only, press \*9 to raise your hand to share and \*6 to mute and unmute."

**7:30 A.M. Seventh Tradition:** Our Seventh Tradition states that Overeaters Anonymous "ought to be fully self-supporting, declining outside contributions." While no fees or dues are required for membership, OA members have a responsibility to keep our rooms open, provide opportunities for fellowship, and spread our message of recovery. Are there any OA related announcements?

**LEADER:** "We will now have pitches until 7:55 A.M. PT. Therefore, if anyone needs to leave before the close of the meeting, please feel comfortable doing so. Who would like to share next?"

**7:55 A.M. LEADER:** "Let us now join in the **Acceptance Reading** from page 449 (or 417 depending on edition) of the **Big Book of Alcoholics Anonymous:**"

**ALL (Group Remains 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:** “Thank you everyone for sharing!”

**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 Remains 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:** “For those who wish to, please unmute for the closing prayer. After a moment of silence for the compulsive overeater still suffering, will \_\_\_\_\_ (choose someone) lead us in a prayer of their choice: I Put My Hand In Yours, The Serenity Prayer or The Third Step Prayer.