

Saturday Morning Attitude Adjustment Meeting 8:15 – 9:30am

Virtual Meeting Leader Format

(Before beginning, ask for volunteers to read the 12 Steps and the 12 Traditions to be read during the meeting. The readings can be found on oasgvie.org in the meeting details for the Saturday 8:15 meeting.)

(BEGIN AT 8:15AM)

Welcome to the Saturday Morning Attitude Adjustment Meeting of Overeaters Anonymous. My name is _____, and I am a compulsive overeater (pause). Please remember to stay muted when not speaking, and silence your cell phones in the SGVIE Room. We will turn off the chat for the speaker, and during shares. You will only be able to send chats to hosts and cohosts during those times. Chat will be open during reports and announcements, and also after the meeting is over.

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 to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

Are there any newcomers here today? We don't wish to embarrass you – we just want to get to know you better. Will you please unmute & give us your first name only? (Pause. If a newcomer is present, welcome him/her and ask if they would like to share their number for outreach.)

The readings for our meeting can be found on oasgvie.org in the meeting details for the Saturday 8:15 meeting.

I've asked someone to please read The Twelve Steps. (pause)

I've asked someone to please read The Twelve Traditions. (pause)

Would those of you who wish, please join me in reading Commitment to Abstinence which can be found on Voices of Recovery p.159. (pause) **“My commitment to abstinence from compulsive overeating is the most important thing in my life without exception! I may believe that other things come first, but if I do not abstain from compulsive overeating and practice moderation at meals, I may destroy my chance of finding health, happiness, self-understanding, and peace of mind. If I am convinced that everything in life depends upon my practice of abstinence, I almost certainly will achieve these goals.”**

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, an action plan, anonymity, and service. For more information, read “The Tools of Recovery” pamphlet.

Would those of you who wish, please join me in the Third Step Prayer found on page 63 of the Big Book: (pause) **“God, I offer myself to Thee – to build with me and 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!"

I will now read today's selection on page ____ in the OA For Today book.

I will now share my experience, strength, and hope for the next 15-20 minutes.

Is our timer present? (If no timer is present, ask for a volunteer.)

(AFTER SPEAKER SHARES):

We will now have the treasurer's report and 7th tradition. (pause)

We will now have the secretary's report.

(AFTER SECRETARY'S REPORT):

We are now open for sharing on a topic or reading of your choice. Shares will be timed for 3 minutes plus 1 minute to wrap us so that everyone has a chance to share. Please no cross-talking at this meeting. We will stop sharing at 9:25. Who would like to share?

(AT 9:25AM)

Thank you to everyone who shared. Thank you to our speaker _____ who shared with us today.

Please join me in the Acceptance Reading found on page 417 of the Big Book: **"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 could accept my alcoholism, I could not stay sober; 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."** (pause)

"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." Please join me in the Seventh step Prayer found on page 76 of the Big Book: **"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."**

After a moment of silence for the compulsive overeater who still suffer, will _____ (leader chooses a person), please lead us in one of the following: The Serenity Prayer, the Third Step Prayer, or the OA Promise I Put My Hand in Yours?

Close meeting. (Thank you for your service!)

