

**Sunday Morning Attitude Adjustment Meeting 8:15 a.m. –
9:30a.m. PST**

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 Sunday 8:15 a.m. PST meeting.)

LEADER: “Good morning! Welcome to the Attitude Adjustment meeting of Overeaters Anonymous. My name is ____, and I am a compulsive overeater. Please remember to silence your cell phones to outside interruptions. Thank you.

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: Choose someone to read the Twelve Steps. **and** then choose someone to read the Twelve Traditions.

The Twelve Steps of Overeaters Anonymous are:

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.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. 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.
11. 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.
12. 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.

The Twelve Traditions of Overeaters Anonymous are:

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.

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 8:45a.m.) Turn meeting over to the secretary for 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 refrain from Zoom room activities that would not take place in an in-person OA meeting or may be distracting. 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.

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'."

OA Promise

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.

Serenity Prayer

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.

Third Step Prayer

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!