

## THURSDAY NIGHT VISION FOR YOU

### Meeting Format

**6:30PM – 7:30PM**

*(Before beginning, ask for volunteers to read the 12 Steps, the 12 Traditions, and a reader to read the Big Book, to be read during the meeting. The readings can be found on [oasgvie.org](http://oasgvie.org) in the meeting details for the Thursday 6:30 p.m. PST meeting.)*

Good evening. Welcome to the Thursday Night Vision for You Meeting of Overeaters Anonymous. My name is ----- and I'm a Compulsive Overeater. Please remember to silence your cell phones to outside interruptions. Thank you.

The Zoom administrators of the meeting monitor meeting security. These are also known as hosts and co-host and may include muting, stopping video, or removing zoom disruptors. Thank you for your patience.

Please unmute and join us in the 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.*

Not to embarrass anyone, only to get to know you better, are there any newcomers in our meeting today, may we ask for your first name only. There will be time at the end of the meeting for newcomers to ask questions and to get phone numbers.

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 outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no positions 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.

**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:** How our meeting works: This meeting focuses on the directions for recovery described in the big book of Alcoholics Anonymous. We read a paragraph or two, and stop and share, on what was read. Anyone can share but we ask that we keep the shares to the topics we are discussing, and to keep your shares to approximately 3 minutes. Singleness of purpose reminds us to share as compulsive overeaters only. This meeting does request that your share be linked to what was read. We share on what the directions in the Big Book mean to us.

**LEADER:** We resume our study of the big book of Alcoholics Anonymous. I will now ask our reader, ----- to get us started.

(The reader tells everyone what page we are on before beginning to read. After reading, the reader shares for three minutes on what was read and turns the meeting back over to the leader).

**READER:** Tonight, we are on page ----, will read a paragraph or two and then share on what was read.

**LEADER:** At 7:20 pm. 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 OA group expenses.

**LEADER:** Are there any OA related announcements?

**LEADER:** Thank you to everyone who shared, listened, read, and gave service at tonight's meeting. If you have questions about OA or the Twelve Steps, please be sure to talk with someone after the meeting.

**LEADER:** Please come back again next week when we will continue our readings. Bring a friend.

**READER:** Will our reader ---- please read "A Vision for You" from Page 164 of the book of Alcoholics Anonymous and lead us in a closing prayer of your choice, OA Promise, The Serenity Prayer, or Third Step Prayer.

### *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!