

VIRTUAL 7 AM SATURDAY OA MEETING FORMAT

Revised 3-8-24

Before the meeting, ask for volunteers to read the **OA Preamble, The 12 Steps, Voices of Recovery, The Promises (at end of the meeting)** and for a **Timer.** On the first Saturday of the month, ask for a volunteer to read **The 12 Traditions.**

1. **Welcome** to the Saturday morning 7:00 a.m. Virtual Meeting of Overeaters Anonymous.

My name is _____ and I am a compulsive eater and leader for this meeting. The Chat window is currently open to chat with Host and Co-hosts only during our meeting. At 7:55am, the chat will be opened up to Everyone so people can share their phone numbers if they are willing to receive calls or texts between meetings.

Since this is a Virtual meeting, there is no phone list. Please feel free to type in your name and phone number under your photo.

2. After a moment of silence, please join me 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.”**
3. **Are there any compulsive eaters here besides myself?** Is there anyone here for the **1st, 2nd, or 3rd time?** If so, please **tell us your first name** so that we can **welcome** you.
4. _____ has volunteered to read the **OA Preamble.**
5. _____ has volunteered to read **The Twelve Steps.**

6. (Only the first Saturday of each month) _____ has volunteered to read **The Twelve Traditions**.
7. **Leader reads: TOOLS** - Abstinence is the action of refraining from compulsive eating. Many of us have found that we cannot abstain unless we use some or all of OA's 9 tools of recovery. They are: a plan of eating, sponsorship, meetings, telephone, writing, literature, anonymity, service and a plan of action.
8. **Leader reads: SPONSORSHIP** is one of our keys to success. Sponsors are OA members committed to abstinence and to living the 12 Steps & 12 Traditions to the best of their ability. Sponsors share their program up to the level of their experience, and they strengthen their recovery by offering this service to others. To find a sponsor, look for someone who has what you want and ask how he or she is achieving it.
9. Are there any **OA announcements or reports**?
10. **TOKENS / SLOGANS:** At this meeting we give out tokens, program sayings or slogans to celebrate periods of abstinence. We also give out commitment sayings or slogans to anyone who wishes to publicly state their intention to recover.

If you take a token or saying and would like to share, please limit your sharing to one minute. **I'll now turn the meeting over to our Token / Slogan Volunteer _____.**

11. This meeting format is a meditation, writing, and sharing meeting. We use the **Voices of Recovery** reading as a suggestion for our meditation.
12. _____ has volunteered to read today's reading from the **Voices of Recovery**.
13. _____ has volunteered to be our **Timer** for our meditation, writing, and sharing.
14. Will everyone please mute themselves now during our **Five Minute Meditation**?

15. **Writing:** It is now time to get **3 Questions** from the group to write on. The questions should pertain to recovery and compulsive eating. Who has a question?
16. Will everyone please mute themselves during our writing on these questions for **8 minutes? (Our Timer will advise us when 6 minutes has passed and when the remaining 2 minutes have passed.)**
17. **SHARING:** It is now time to share on our writing. To give all a chance to share, please limit your sharing to **2 (+1) minutes** and focus your sharing on recovery. Our Timer will advise us when 2 minutes has passed and then when the remaining 1 minute has passed.

LEADER STOPS ALL OF THE SHARING AT 7:55am (and Host opens Chat to Everyone).

18. Our Host has now opened the chat to everyone so people can exchange phone numbers. If you're willing to receive calls or texts between meetings, please post your phone number in the chat. Please go to **oasandiego.org** for instructions on sending in your **7th Tradition**. Even though we are a Virtual meeting, there are still **general expenses to pay at the O.A. San Diego Intergroup, Region 2, and World Service Office**.
19. The opinions expressed here today are those of the persons who shared them and do not represent OA as a whole.
20. **Who will volunteer to lead our meeting next week?** _____
21. _____ has volunteered to read **The Promises** from the **Big Book of Alcoholics Anonymous**, (4th Edition, Page 83 last paragraph, through Page 84 middle of page.)
22. **CLOSING PRAYER:** Leader chooses the Closing Prayer from O.A. or A.A. literature.