

Pasadena, CA Tuesday Noon Writing Meeting

1. Welcome to the Tuesday Noon Writing Meeting of Overeaters Anonymous. My name is _____ I am a compulsive eater and your leader for this meeting.

2. This meeting is now a Hybrid Meeting. We are meeting face to face in Pasadena, CA and via Conference Call. We ask those in the meeting room to please mute your phones. For those on the Conference Call please follow these guidelines:

- Please keep your line muted during the meeting except when you wish to speak.
- Once you have finished speaking, please remember to mute your line again.
- Please avoid using speaker phones, and speak directly into your phone or headset so we can hear you clearly.

3. For the beginning of the meeting, will all those who wish to please join me in the **Serenity Prayer**: "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference." *page 41, Alcoholics Anonymous 12 Steps & 12 Traditions*

4. Are there any other compulsive eaters here beside myself?

5. Newcomer Welcome *"Is there anyone here for their first, second, or third time or a returning friend?" "Please give us your first name so we can welcome you."*

6. Introductions *"Will those in attendance on the conference call & those in the meeting room, please give us your first name and the leader will welcome everyone at the end of introductions."*

7. For those on the conference call please mute your line & remain muted until you wish to speak.

8. 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 position 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.

9. Members who share their telephone numbers are those who wish to be called. If you would like to make your contact information available, please restate your name and your phone number at the end of your share. In the meeting room an optional sign-in clipboard will be passed around. We are never alone.

10. Sponsors are abstaining members of OA who guide us on all three levels: physical, emotional and spiritual. A sponsor is someone who has what you want in terms of attitude and abstinence. *"Will Abstinent Sponsors please unmute or raise their hand and identify themselves."*

11. _____ has volunteered to read the 12 STEPS as adopted for OA from the Big Book of Alcoholics Anonymous.

12. _____ has volunteered to read the TOOLS OF RECOVERY.

13. _____ to read the 12 TRADITIONS.

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14. BUSINESS MEETING (Please begin announcing at the beginning of May and November):

A Business meeting will be held on the first Tuesday of December and June to elect new service positions which will begin on the first Tuesday of January and July. Positions last for six months.

15. STRONG MEETING CHECKLIST: One Tradition according to the month of the year will be read on the second Tuesday of each month, followed by up to five minutes of discussion.

16. SECRETARY'S REPORT: Now is the time for the Secretary's Report.

17. VOLUNTEERS: Do we have a volunteer to call our newcomers?

18. Do we have a Volunteer to lead the meeting next week?

19. Writing Topics: This week's topic is: _____

20. Next week's topic: _____

21. AS A REMINDER: This is a writing meeting. Please be sure that you have writing materials available.

22. SEVENTH TRADITION: OA has no dues or fees for its members. We are self-supporting through our own contributions. 7th Tradition contributions can be made in the meeting room OR via PayPal on the Foothill Intergroup website at oafoothill.org OR to our meeting Treasurer Pattie. Please call or text Pattie for more information at (818) 669-7091. We invite Newcomers to purchase literature at oa.org instead of making a 7th Tradition contribution.

23. Writing: We will now write for 15 minutes. Then those of us willing to share will read what we have written. This week's topic is: _____

24. Our Timer for today's writing is (or ask for a volunteer) _____ please give us a warning when there is one minute left for writing, and again when the 15 minutes are up. Thank you.

25. Sharing: It is time to share our writing. If there is time left over, we will open the meeting to 3-minute pitches on a topic of your choice. We further suggest that there be no cross talk. Cross talk during an OA meeting is giving advice to others who have already shared, speaking directly to another person rather than to the group, and questioning or interrupting the person speaking or sharing at the time.

26. Who would like to share? << **Suggestion:** *It may help the sharing portion of the meeting to run more smoothly if, as the leader, you would thank each person at the end of their share, and then ask if someone else would like to share.* >>

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27. After our writing has been shared: We will now move to 3 minute open pitches. (Do we have a volunteer) or will _____ please time our shares and tell us when 3 minutes has passed.

28. CLOSING: (At 1:25 pm or earlier if a group conscience supports it)

Please remember that the opinions & ideas expressed here are our own & not necessarily those of OA as a whole. Thank you for allowing me to lead.

29. (Do we have a volunteer) or will _____ please read the Promises (page 83), a Vision for You (page 164) or Acceptance (page 417 or page 449) all from the Big Book of Alcoholics Anonymous or another OA or AA reading of their choice.

30. After a timed, one-minute meditation, please join _____ in a Closing Prayer of their choice.

“KEEP COMING BACK IT WORKS IF YOU WORK IT AND YOU'RE WORTH IT”

Thank you for your service!

Pasadena Tuesday Noon Writing Meeting – Secretary's Report

1. My name is _____. I am a compulsive overeater and secretary for this meeting.
2. Let's thank _____ for leading today's meeting.
3. Those who give service at this meeting include:
Secretary: Sandy D
Treasurer: Pattie T
Intergroup Representative: Lorraine
These positions last for 6 months.
4. Are there any OA related announcements?
5. *On the first week of the month, please ask:* Is there an Intergroup or Treasurer Report?
6. During the week the Secretary will text next week's writing topic and ask for reading volunteers.
7. Chips are given to celebrate lengths of abstinence in OA. Is anyone celebrating 30 days, 60 days, 90 days, 6 months, 9 months or a birthday?

If someone is celebrating, ask: "Please tell us in a 3 minute or less share, how you worked the program?"
8. Thank you to all who give service at this meeting and thank you for the opportunity to serve as secretary.
9. I will now turn the meeting back to our leader, _____. Pass

2021 - 2022 Strong Meeting Checklist Questions

Sept. Tradition #9	Jan. Tradition #1	May Tradition #5
Oct. Tradition #10	Feb. Tradition #2	June Tradition #6
Nov. Tradition #11	Mar. Tradition #3	July Tradition #7
Dec. Tradition #12	April Tradition #4	August Tradition #8

Strong Meeting Checklist

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The Strong Meeting Checklist was part of OA's 2008-2013 Strategic Plan. It is not enough to make the public aware that OA exists and can be a solution to compulsive eating; meetings have to be strong and must function effectively for people to "stay for the miracle" and for OA to continue to grow and be there for those who need it in the future.

Consider doing an inventory of your OA meeting using this checklist.

1. Does the meeting start and end on time? _____
2. Are all attending, including newcomers, greeted and made to feel welcome and accepted? _____
3. Does the meeting focus on OA recovery through the Twelve Steps and Twelve Traditions? _____
4. Do we offer our own experience, strength, and hope, sharing the solution we have found? _____
5. Are cross talk and advice-giving avoided? _____
6. Does the group contribute financially to all levels of OA service as per our Seventh Tradition? Do virtual meetings ensure that attendees and members have information on how to make individual Seventh Tradition contributions? _____
7. Is the importance of sponsorship—for both sponsors and sponsees—stressed at the meeting? _____
8. Does the group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting? _____
9. Does the group follow a meeting format based on OA's Suggested Meeting Formats? _____
10. Is only OA-approved literature on display and for sale? _____
11. Are group conscience meetings held regularly? _____
12. Are all service positions filled and is rotation of service practiced? _____
13. Is the meeting information readily available and the World Service Office informed of all meeting details and changes so that newcomers and visitors can find the meeting? _____
14. Is the meeting a safe place for all members? _____

OA Board-approved

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The Twelve Steps of Overeaters Anonymous

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.

Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

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The Tools of Recovery (abridged)

We use Tools—a plan of eating, sponsorship, meetings, the telephone, writing, literature, action plan, anonymity and service—to help us achieve and maintain abstinence and recover from our disease. Many of us have found we cannot abstain from compulsive eating unless we use some or all of OA's nine Tools of recovery to help us practice the Twelve Steps and Twelve Traditions.

A Plan of Eating

A plan of eating helps us abstain from compulsive eating. (See the pamphlet *Dignity of Choice*.) This Tool helps us deal with the physical aspects of our disease and achieve physical recovery.

Sponsorship

We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional, and spiritual. Find a sponsor who has what you want and ask that person how he or she is achieving it.

Meetings

Meetings give us an opportunity to identify our common problem, confirm our common solution through the Twelve Steps, and share the gifts we receive through this program. In addition to face-to-face meetings, OA offers telephone and online meetings.

Telephone

Many members call, text, or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.

Writing

Putting our thoughts and feelings down on paper helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them.

Literature

We read OA-approved books, pamphlets, and *Lifeline* magazine. Reading literature daily reinforces how to live the Twelve Steps and Twelve Traditions.

Action Plan

An action plan is the process of identifying and implementing attainable actions that are necessary to support our individual abstinence. Just like our plan of eating, it may vary widely among members and may need to be adjusted to bring structure, balance, and manageability into our lives.

Anonymity

Anonymity guarantees we will place principles before personalities and assures us that only we have the right to make our membership known within our community. Anonymity at the level of press, radio, films, television, and other public media of communication means that we never allow our faces or last names to be used once we identify ourselves as OA members.

Within the Fellowship, anonymity means that whatever we share with another OA member will be held in respect and confidence. What we hear at meetings should remain there.

Service

Any form of service that helps reach a fellow sufferer adds to the quality of our own recovery. Members can give service by getting to meetings, putting away chairs, putting out literature, and talking to newcomers. Beyond the group level, a member can serve as intergroup representative, committee chair, region representative, or Conference delegate.

As OA's responsibility pledge states: "Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible."

See the full *Tools of Recovery* pamphlet for more information.

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The Twelve Traditions of Overeaters Anonymous

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 nonprofessional, 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.

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ON ACCEPTANCE

“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 (compulsive overeating), I could not stay sober (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.”

– Alcoholics Anonymous “Big Book” page 449 or 417

A VISION FOR YOU

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us.

Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order.

But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God.

Admit your faults to Him and to your fellows.

Clear away the wreckage of your past.

Give freely of what you find and join us.

We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you - until then.

– Alcoholics Anonymous page 164 Big Book

The Promises

(From pages 83-84 of the Big Book of Alcoholics Anonymous)

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook on life will change.

Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.

God grant me the Serenity

to accept the things I cannot change...

Courage to change the things I can

and Wisdom to know the difference...

Living one day at a time,

Enjoying one moment at a time,

Accepting hardship as the pathway to peace.

Taking, as He did, this sinful world as it is, not as I would have it.

Trusting that He will make all things right if I surrender to His will.

That I may be reasonably happy in this life,

And supremely happy with Him forever in the next.

Amen.



Foothill Intergroup Prayers

Serenity Prayer

God grant me the serenity to
Accept the things I cannot change;
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!

Seventh Step Prayer

"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."

The 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.