LEADERS FORMAT FOR TUESDAY NIGHT PASADENA MEETING

Welcome to the Pasadena Tuesday Night Meeting of Overeaters Anonymous. My name is _____; I am a compulsive overeater and your leader for this meeting

. This is a one-hour meeting that begins at 6:30 pm and ends at 7:30 pm. Please mute your lines if you are not speaking. We suggest that in leu of "hi's", can waive our hands.

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.*

I said that I eat compulsively. Are there any others who also eat compulsively?

Overeaters Anonymous is a fellowship of men and women who, through shared experience and mutual support, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for membership. We are self-supporting through our own voluntary 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 overeating and to carry the message to others who still suffer.

Are there any newcomers here tonight? Not to embarrass you, but so that we can meet you and get to know you better, will you please give us your first name only? We welcome you to the fellowship.

Will someone please read WHAT BROUGHT US HERE AND WHY WE STAY?

Will someone please read HOW IT WORKS?

Will someone please read THE TWELVE STEPS?

OA has no dues or fees for our members. According to our Seventh Tradition, we are self-supporting through our own contributions. We encourage you to set money aside each week until we resume meeting face to face. Or, you can contribute using Paypal on the OAfoothill.org website.

Would someone please read THE TWELVE TRADITIONS?

Will someone please read THE TOOLS OF OA?

We celebrate birthdays for consecutive days of abstinence. Is anyone celebrating days of abstinence or a Birthday's today?

At this meeting we read the OA approved book *For Today.* We will read through the book. The leader will start by reading today's message and then we follow the index, which is organized by topic. The leader will announce the topic and the page numbers, and we will go around with each member reading a page. After reading a page, you may share for 3 minutes on the reading. Please note that sharing at this meeting is strictly optional; just say "pass" if you prefer not to share after reading. Our timer will let us know when the 3 minutes are up. After each member has read a page and shared, we then open the meeting to open pitches.

We will now open the meeting for 3-minute timed open shares. It is suggested that your pitch be related to the readings. At this meeting, cross talk is discouraged. Cross talk is speaking directly to another fellow or commenting on another fellow's pitch.

(At 7:25 pm) – We will now have the Secretary's report.

(After Secretary's report)– Will someone please read A VISION FOR YOU or THE PROMISES?

After a moment of silence for those who still suffer both in and out of these rooms, would you please join me in the closing prayer.

What brought us here?

OA is a worldwide Fellowship, open to all who have the desire to stop eating compulsively. Compulsive eating behaviors may include overeating, undereating, anorexia, bulimia, laxative or drug abuse, over exercising, or any combination of these actions. Some of these behaviors may have begun in early childhood, but we believe that compulsive eating is progressive. It can have a dramatic effect on the daily lives, relationships, physical health and aspirations of people at any age.

Why we stay

You may feel that you are alone, struggling with feelings of powerlessness and shame over your compulsive eating, body image and weight. You may wonder if anyone else feels the way you do. We can tell you that many of us in OA have found recovery and freedom from the crippling effects of compulsive overeating. Members of all ages have discovered that the 12 Steps of Overeaters Anonymous offer a common solution for all who wish to recover. You are not alone.

This is a portion of Chapter 5 from the AA Big Book

HOW IT WORKS

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it – then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas, and the result was nil until we let go absolutely.

Remember we deal with food – cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power – that One is God. May you find Him now!

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon. Here are steps we took, which are suggested as a program of recovery:

(This is the end of the reading for this portion of Chapter 5)

THE TWELVE STEPS

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 fearless and searching 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 the 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 other compulsive overeaters, and to practice these principles in all our affairs.

Many of us exclaimed – "What an order! I can't go through with it!" Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints! The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the compulsive eater, the Chapter to the Agnostic, and our personal adventures before and after make clear three pertinent ideas:

A. That we were compulsive overeaters and could not manage our lives.
B. That probably no human power could have relieved our compulsive overeating.
C. That God could and would if He were sought.

The Twelve Traditions

1. Our common welfare should come first; personal recovery depends on 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 out 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 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. OA 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, TV, films and other public media.

12. Anonymity is the Spiritual Foundation of all our Traditions, ever reminding us to place Principles before Personalities.

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 the program. In addition to face-to-face meetings, OA offers telephone and on-line meetings.

Telephone: Many members call, text or e-mail 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

Secretary's Report

My name is _____, and I am the secretary for this meeting.

Let's thank _____ for leading tonight's meeting.

Please remember to make a note on the sign-in sheet of last page and paragraph we read this evening, so we will know where to continue our reading next week.

The sign-in sheet is going around the room. Please indicate if you are a newcomer or would like to receive an outreach call this week. Who is willing to make calls this week?

ANNOUNCEMENTS: Are there any OA related announcements?

We want to thank the Westminster Presbyterian Church for allowing us to use this room for very reasonable rent. Also, I'd like to thank everyone who has given service to this meeting and continues to serve. Thank you!

We have two business meetings per year: the second Tuesday in June and December. At these times, we will hold elections for new officers, as well as discuss business topics that may arise. Please write out any business topics you may have and submit them to the Secretary prior to that meeting.

DO NOT READ THIS EVERY TIME, BUT on the first Tuesday of the month ask for a Delegate's report and a Treasurer's report.

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.

The PROMISES are on the reverse.

THE PROMISES

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 or 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 upon 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.