

## Saturday "Page 132" Meeting Format

(Before beginning meeting, join the Zoom meeting. Link is available at [TulsaOA.org](http://TulsaOA.org).)

1. OPENING: Welcome to "Page 132" Saturday Morning Meeting of Overeaters Anonymous. This meeting is a Step Study, using the AA and OA 12&12 books and the AA Big Book. This meeting is face-to-face via Zoom only. My name is \_\_\_\_\_ and I am a compulsive overeater. Will those who wish to 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.

Today, we are studying Step \_\_\_\_\_ on (page/paragraph) of (book).

2. READINGS: I have asked \_\_\_\_\_ to read pages 132-133 of the AA Big Book. I have asked \_\_\_\_\_ to read the 12 Steps.

3. WELCOME TO NEWCOMERS: Is there anyone here for their first, second or third meeting? Please tell us your first name so we may welcome you.

NEWCOMER WELCOME: The OA recovery program is patterned after that of Alcoholics Anonymous. As our personal stories attest, The Twelve Step program of recovery works as well for compulsive overeaters as it does for alcoholics. There are a variety of meeting formats, and we suggest that you attend several different meetings to see if OA is right for you. We also encourage you to stay online after the meeting to ask questions and learn more about the program. If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone anymore. Welcome to Overeaters Anonymous. Welcome home!

I encourage everyone to click on the "CHAT" button on your Zoom screen and type in your contact information, if you haven't done so yet. Also note on the CHAT if you are new or willing to sponsor. We can get contact information from this CHAT to reach out to each other after the meeting, and we're encouraged to do that.

We will now go around the Zoom and introduce ourselves by first name only.

4. HOW OUR MEETING WORKS: Our meeting focuses on the directions for recovery described in the Twelve Steps of Overeaters Anonymous. We read a paragraph or two from the literature, then stop and share on what was read. Today we are studying Step \_\_\_\_\_, reading from the \_\_\_\_\_ book, beginning on page \_\_\_\_\_. Anyone can share, but we ask that you keep your sharing to the topic and literature we are discussing, and that you keep your share to approximately 3 minutes. Singleness of purpose reminds us to identify as compulsive overeaters only. This meeting does request that your sharing be directly linked to what was read. We are sharing what the directions in the literature mean to us. Feedback, cross-talk, and advice-giving are discouraged here. 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 sharing at the time. You will probably want to mute Zoom audio until it is your turn to share.

\* Is there anyone here who would be willing to be our 3-minute timekeeper?

(Start step study. After all who want to have shared once, read another paragraph or two if there is time.)

End at approximately 9:25 am

5. 7th TRADITION: According to our 7th tradition, we are self-supporting through our own contributions. Expenses for this group are Zoom fees and donations to Intergroup, Region 3 and World Service to help carry OA's message to those who still suffer. You are encouraged to help our group be self-supporting by going to [TulsaOA.org](http://TulsaOA.org) and clicking on the 7<sup>th</sup> Tradition button. Please put "Saturday 8:30 group" in the memo line on Paypal.

Are there any OA announcements?

Who is willing to lead next week? This format may be found on [TulsaOA.org](http://TulsaOA.org), under the "Member Resources" tab.

6. CLOSING: The opinions expressed here are those of the individual OA members and do not represent OA as a whole. Please remember our commitment to honor each other's anonymity. "What you hear here, whom you see here, when you leave here, let it stay here." Thank you for allowing me to be your leader. After a moment of silence, will those of you who wish to please open your Big Book and turn to page 63, second

paragraph to join me in the Third Step Prayer.

Close meeting by 9:30 am