

## Friday 5:15 Leader Script

Meeting ID: 822 8908 2425

Passcode: VirtualHug

1. “Welcome to the Friday 5:15 meeting of Overeaters Anonymous. My name is \_\_\_\_\_. I am a compulsive overeater and your leader for this meeting.”
2. “For a more peaceful meeting, we ask that, after the Serenity Prayer, you keep yourself muted unless you are talking. Also, if you are moving around during the meeting, please turn off your video feed as this may be distracting to others.”
3. “Will those who wish, 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.”
4. “As we extend the heart and hand of the OA Fellowship to those who still suffer, let us be mindful of OA’s Unity with Diversity Policy, which respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait. “
5. “Are there any compulsive eaters here beside myself?”  
“Is there anyone here for the first, second, or third time?” *If so*, “Would you please tell us your first name so we can welcome you?”  
“If you are returning to OA or are visiting from another area, please tell us your first name so we can also welcome you.” [Welcome each person by name.]
6. Ask someone to unmute and read the **Preamble**
7. Ask someone to unmute and read **Our Invitation to You** Page 1
8. Ask someone to unmute and read the **Steps** (Page 2 of the Invitation)
9. Ask someone to unmute and read the short form of “**Tradition** Current month #”
10. Ask someone to unmute and read the **Statement on Abstinence and Recovery**.
11. Ask someone to unmute and read the statements on **Tools and Sponsorship**.
12. “Will all who sponsor please raise your hand and introduce yourself? Please put your phone number in the chat box.”

13. “Are there any OA announcements?” “According to the Seventh Tradition, we are self-supporting through our own contributions. Please donate as you are able. A donation of \$3 or more is suggested. We pay our expenses and contribute to the Central Iowa Intergroup, Region 4 and WSO to help carry the message of OA to other compulsive overeaters. Please contact our treasurer, Jean L., at 515-710-1023 for the payee and address for your contributions.”

14. **“This is a topic meeting.** Members are invited to share for 3-5 minutes so that everyone has a chance. If time allows, we will close with a short meditation.

**“Feedback, cross talk, and advice-giving are discouraged.** 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.”

15. **“Today’s OA program topic** is \_\_\_\_\_. I have chosen to read” (*publication and page number*). (***On the first Friday we have a speaker on the Step and/or Tradition corresponding with that month.*** I’d like to introduce: \_\_\_\_\_”

16. **“At this time** I would like to ask for a volunteer to lead next week’s meeting”

17. **Meditation – guided or silent – if time allows**

“Please get comfortable for our meditation. You may want to turn off the light or turn off your video before we start”

18. **CLOSING:** “By following the Twelve Steps, attending meetings regularly, and using the OA Tools, we are changing our lives. You will find hope and encouragement in Overeaters Anonymous. To the newcomer, we suggest attending at least six different meetings to learn the many ways OA can help you.

“The opinions expressed here today are those of individual OA members and do not represent OA as a whole. Please remember our commitment to honor each other’s anonymity. Let us all reach out by phone or email to newcomers, returning members, and each other. Together we get better.

“Thank you for asking me to be your leader. After a moment of silence, will those of you who wish please join us in the OA Responsibility Pledge.

### **OA Responsibility Pledge**

Always to extend the hand and heart of OA to all who share my compulsion;  
for this I am responsible.”

## **Friday 5:15 Business Meeting Agenda**

The business meeting is held on the Friday following the Central Iowa Intergroup meeting.

- Reading of the Minutes from the prior meeting (Michele B. is the secretary)
- Treasurer's Report (Jean L is treasurer)
- Intergroup Representative Report The business meeting is held on the Friday following the Central Iowa Intergroup meeting. (Michele B. is IG Rep)
- Old Business (Read by Michele B)
- New Business – (If nothing read by secretary then it is open to the group)
- Motion to Adjourn

### **1<sup>st</sup> Friday of the month Guest Speaker**

Speaker Requirements on the Step/Tradition corresponding with that month: Abstinence requirement of 3 months. Experience working the step and a working knowledge of the tradition. The speaker will talk for 20-30 minutes.

### **Business Meeting**

Business meetings will be scheduled 1<sup>st</sup> Friday after the Central Iowa Intergroup meeting. (which is usually scheduled the 2<sup>nd</sup> Saturday of the month)