

TUESDAY NOON LEADER SCRIPT (07/13/22)

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1. **WELCOME** to the Tuesday Noon Meeting of Overeaters Anonymous (OA)
My name is _____ I am a compulsive eater and your leader for this meeting.

Please join me in a moment of silence followed by the Serenity Prayer.
2. Are there any other compulsive eaters here beside myself?
3. **Newcomers-** Are there any newcomers here today for your very first OA meeting?
Please unmute and tell us your first name, so we can welcome you. How did you find or hear about our particular meeting? Did you see a billboard, bus ad, Coffee News ad, or another advertisement? We suggest attending 6 different meetings to find a home meeting and sponsors. We hope you will find hope and a solution here, the way so many of us have. After the meeting, some of us will stay on to answer questions.
4. Everyone please mute yourself, if you are not speaking, so our meeting can be quiet. If you are on just a phone it is *6 to mute and *6 to unmute. Thank You
5. **Leader's Choice (NOTE: If new members are present use, "Our Invitation to You")**
I have asked **(person's name)** to read:
 - A.
 - 1) "How it Works" from the AA Big Book (Pages 58-60)
 - OR
 - 2) "Our invitation to You" – Page 1
 - 3) "Our invitation to You" – Page 2
- B. The Tradition corresponding with the month **(person's name)**
- C. The Tool of Recovery **(person's name)**
- D. The Abstinence Definition (See handout or Preface of Abstinence) **(person's name)**

6. **Zoom Meetings:** Please put your contact information in the chat box so everyone can have access to it if they would like.

Face to Face Meetings: The phone list is being circulated. Please take note of contact information so we can stay in touch and support our Fellowship during the week.

7. **7th Tradition Basket**

For our 7th tradition basket, you can send a Venmo to Heidi B. The suggested donation is \$3.00 - \$5.00 or whatever you can provide. Make checks payable to OA Meeting. We are a self-supporting organization: Using funds to support World Service Organization (WSO), Region 4, and intergroup to help spread the message of recovery in our community. If you are new today we ask you not to contribute, but encourage you to purchase literature.

8. **Sponsorship** is one of our keys to success. A sponsor is somebody who is abstinent and is working the Twelve Steps of recovery to the best of his/her ability. Sponsors guide you as you learn about and work the steps. To get a sponsor, find someone whose recovery is similar to what you want, and ask that person if he/she is available to sponsor. Even if they are currently too FULL to take on a new sponsee, they will be a wonderful source of help/support to get you started.

*** Will all abstinent sponsors please raise your hand and put your number in the chat box.**

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9. **Announcements:** Are there any OA related announcements?

10. **Reading:** Today we are reading from Alcoholics Anonymous, 4th edition (The Big Book) or Body Image, Relationships, and Sexuality. **(The 1st Tuesday of every month, read the Step corresponding with the month, from The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition)**

Each person can read or pass. We will then discuss how the reading applies to our lives. You are encouraged, but not required, to share your experience, strength and hope as support to others. Please limit your comments to 3 minutes or less so everyone has the chance to share. We ask that there be no crosstalk, advice giving or feedback during the discussion so each member feels free to share openly. We honor anonymity, so please refrain from mentioning any person by name or identity factor that would break our anonymity.

11. A leader is needed for next week's meeting. Who is willing to provide that service? The leader script and all readings are available on the CII website (oadsm.org).
12. **Closing:** The opinions expressed here today are those of the person who offered them, and not representative of OA as a whole. Remember, what is said here, stays here. I can say that I am a compulsive eater and that I was at this meeting, but I CANNOT say the same for anyone else. Take what you like and leave the rest!
13. May I have a volunteer to read the last 2 paragraphs on page 164 from the AA Big Book?

Please join me in the OA Promise: ***"I put my hand in yours."***

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.

14. Business Meeting: (Tuesday following the monthly CII meeting on the 2nd Saturday of the month). Reserved for last 15 minutes. Refer to separate business meeting format below.

AGENDA
MONTHLY BUSINESS MEETING
TUESDAY NOON OA

1. DAY & TIME:

- Monthly – Tuesday following CII Meeting (2nd Saturday, of the month)
- Last 15 minutes of meeting

2. MEETING OBJECTIVES:

- Reserve business topics to monthly meeting to reduce distractions in weekly meetings
- Review finances for the group

- Address and vote on business topics (old and new) pertinent to the meeting

3. AGENDA:

- **Treasurer's Report** (Heidi B)
- **Intergroup Report** (Kathleen S.)
- **Old Business per Secretary notes** (Kevin D)
 - Introduce old business topic(s)
 - If motion(s) is/are made:
 - Wait for someone to second motion or ask for 2nd. If no 2nd, then vote is lost
 - Discussion, if any
 - Address amended motion(s), if any
 - Ask for a group vote
 - Announce yays and nays and confirm status of vote
- **New Business-Open to group:**
 - Obtain the floor and introduce business topic
 - If motion(s) is/are made:
 - Wait for someone to second motion or ask for 2nd. If no 2nd, then vote is lost
 - Discussion, if any
 - Address amended motion(s), if any
 - Ask for a group vote
 - Announce yays and nays and confirm status of vote
- **Adjourn**
- **Close**

Thank you for participating!