

7. The OA Tools of Recovery help us work the Steps and refrain from compulsive eating. The nine tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service.

8. Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the Twelve Steps and Twelve Traditions to the best of their ability. Sponsors share their program up to the level of their experience, and strengthen their recovery through this service to others. To find a sponsor, look for someone who has what you want and ask how he or she is achieving it. Will all abstinent sponsors please identify themselves?"

9. The Heart and Hand group has a **phone list** available. Please put your first name, phone # and email in the chat or see Ann after the meeting to be added.

10. Only OA/AA-approved **literature**, is displayed at this meeting. Many OA members find that reading our literature on a daily basis further reinforces how to live the 12 Steps.

11. Announcements/Chips

There is a business meeting the last Sunday of every even numbered month .

This meeting celebrates milestones in abstinence

12. According to our **7th Tradition**, we are self-supporting through our own contributions

13 (OPTIONAL, Chair's discretion). "As you share your experience and strength in OA, please also share your hope. Please confine your sharing to your experience with the disease of compulsive eating, the solution offered by OA, and your own recovery from the disease, rather than just the events of the day or week. If you are having difficulties, share how you use the program to deal with them. If you need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting."

14. This is a **literature study meeting**, with **speakers** the last Sunday of each month. Feedback, cross-talk and advise-giving are discouraged.

CLOSING "By following the 12 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.

"What you hear here, whom you see here, let it stay here." 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 lead the meeting. Will those of you who wish to please join me in the **OA Promise**.

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