Overeaters Anonymous Monday Meeting

1. Welcome to the Monday night meeting of Overeaters Anonymous. I am _____ a(n) _____, and your leader for this evening. All those who would like, 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."

2. To limit feedback, background noise, and interruptions, please put yourself on mute if you are not speaking.

3. Is there anyone here for their first, second or third meeting? Please raise your hand, unmute yourself, and tell us your name so we can welcome you.

4. For anybody with questions, somebody will stay on after the meeting to answer them for you.

5. If you want, please put your contact information in the chat, those who wish can reach out to each other between meetings.

6. Will all who are willing to sponsor raise your hand and/or put this in the chat as well.

7. Would somebody be willing to read:
   - Week 1 – How it Works
   - Week 2 – All Tools of Recovery (Abridged version) & the 12 Steps
   - Week 3 – The Promises & the 12 Steps
   - Week 4 – The 12 Traditions & 12 Steps
   - Week 5 – Our Invitation to You & the 12 Steps

8. Would somebody be willing to read today reading out of Voice of Recovery?

9. Now I will read from the Big Book on page _____ and then I will share on the reading. We will then go around and each of you can share for ____ minutes (*depends on how many people are in attendance*) on the reading. If there is time, we will do another reading from the Big Book or go around and you can share on anything you wish. If you don't want to share, simply pass. Please no CROSS TALK or ADVICE GIVING. Cross talk means giving advice to others who have already shared, speaking directly to another person rather than to the group, and questioning or interrupting the person speaking at the time.

10. During the last 5-10 minutes:
    - Announcements
    - Seventh Tradition: We are self-supporting through our own contributions. The group's expenses include payment for Zoom, Intergroup, Region 3, World Service and supplies, etc. Our Treasurer is Deb and your Seventh Tradition can be sent to her.

11. Closing: The opinions expressed here today by those of us who shared are our own and are not necessarily those of OA as a whole. Please remember, "What you hear here, when you leave here, please let it stay here."

12. *Will those who wish to please join me in _____ prayer.

*KEEP COMING BACK IT WORKS WHEN YOU WORK IT AND YOU'RE WORTH IT!