

Leader Script: Saturday 9 AM Step Study Meeting

First thing: (Before the meeting locate the Dial-in technology sheet in notebook) to turn TV on, use Samsung remote.

Introduce Self: My name is _____ and I am a compulsive eater and the leader for this meeting today. For those of you on the phone it is *6 to mute and *6 to unmute. **(There is a business meeting on the 3rd Saturday of odd months from 9:45 a.m. – 10:15 a.m.)**

Opening: To open the meeting, please join me in a moment of quiet meditation for the still suffering compulsive overeater, followed by 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.”

Welcome to Newcomers: Please raise your hand if you are a newcomer joining us for the first, 2nd, or 3rd time today? **(Leader welcomes any newcomers.)** Welcome **(name)** we are glad you joined us. Welcome home! Feel free to stay after the meeting to visit with us and we can answer any questions you may have about OA.

We will be passing around the clipboard, which has names and numbers of group members. Please feel free to add your name and your contact information, so we can support each other through the week. It will be passed twice, so you may write down members' names and numbers.

Introduction: Let’s start by going around the room and introducing ourselves by first name only and what brings us to OA.

Sponsorship: 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 resource to help support you in getting started.

Will all abstinent sponsors please raise your hand.

The OA Preamble: Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope are recovering from compulsive eating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organizations, political movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry this message of recovery to those who still suffer. We have found that this is a disease of isolation and that it helps to call each other between meetings.

Could we please have (a volunteer) read Intro to the Twelve Steps?

(NOTE: If newcomers are present read “Our Invitation to You.”)

Could we please have (a volunteer) read The Twelve Steps?

Could we please have (a volunteer) read Tradition # _____? [Tradition of the month—except 3rd Saturday]

[If this is the 3rd Saturday of an odd month (Business Meeting), read concept of the month instead of the tradition:] Could we please have (a volunteer) read Concept # _____?

Abstinence in OA: Abstinence in OA is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Many of us have found that we cannot abstain from compulsive eating unless we use some or all of the 9 Tools of Recovery that Include: Plan of Eating, Sponsorship, Meetings, Telephone, Writing, Action Plan, Anonymity, and Service.

Could we please have (a volunteer) to read today's Tool of Recovery?
(NOTE: Tool of the Week is posted on the Calendar.)

Tradition 7: According to our Seventh Tradition, we are self-supporting through our own contributions. We send regular contributions to our intergroup, Region 3, and the World Service Office to help carry the message to other compulsive overeaters. A basket is being passed around for checks or cash. You can also pay by Venmo using the QR code. For those on Zoom, ways to contribute will be added to the chat. We encourage OA members to give as they are able, the suggested contribution for this meeting is \$3 to \$5. Please contact our Treasurer, Cindy W at (515) 491-8774 for the address to send contributions to.

If you are a newcomer today, we ask you not to contribute, but there is literature for you to purchase if you choose. Please ask someone to help you purchase literature after the meeting. Contact our literature person, Amy Y., with any questions. (641) 230-0458.

Service Opportunity: Please consider leading an upcoming meeting. It's an easy way to give service in this program. A calendar is being passed around, please fill in your name if you are willing to do service in this area. If you are on zoom and want to lead a meeting, please ask someone to set up the church for you.

Announcements: Are there any OA related announcements? There is a folder being passed around with flyers for upcoming events. You can find information on our website also at oadsm.org or oa-dsm.org.

Reading: This is a literature and speaker meeting. Today we read from the Twelve Steps and Twelve Traditions of Overeaters Anonymous, second edition. Today we are studying Step/Tradition _____. **(Every 4th week of the month we have a speaker and on 5th weeks it is leader's choice.)** I will start reading a paragraph or two, then we will go around the room reading a paragraph or two and pass it to the next person. We encourage you to read, but please feel free to say pass if you would rather not.

Meeting Format: We share our experience, strength, and hope. We avoid cross talk, advice giving, and feedback. We honor anonymity, so please refrain from the specific mention of names or identify factors that would break our anonymity. Please confine any sharing to OA related matters. If you have food questions or problems, feel free to talk to your sponsor or someone else after the meeting.

We kindly ask that we limit our sharing to three minutes or less so that everyone has an opportunity to share. At 2 ½ minutes our timer will give a gentle reminder that you have 30 seconds left to finish sharing.

(Timer's Name) will be our timer for today's meeting. If you are on the phone, it is *6 to unmute and *6 to mute. Is there anyone that would like to start sharing?

Closing: Is there a leader and security for next week (*say their name/role to remind them*)? The opinions shared today are those of the person speaking and not necessarily that of OA as a whole. Let us reach out to each newcomer, returning members, and each other. This is an important part of our recovery. Remember, what is said here, remains here when we leave here. Thank you for the chance to lead today. A reminder for newcomers and available sponsors, please stay after the meeting to exchange contact information.

Please unmute yourself and join me in closing with 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.

Meeting Format Schedule -Effective Jan. 2023

No need to read aloud. FYI for leader only.

Week 1 – First part of the step corresponding with that month. Please refer to the calendar for pages to read. 12 & 12 book.

Week 2 – Second part of the step corresponding with that month. Please refer to the calendar for pages to read. 12 & 12 book.

Week 3 – Tradition corresponding with that month. 12 & 12 book.

Week 4 – Speaker – Leader is responsible for getting a speaker. The leader has the option to be the speaker with 60 days abstinence. Otherwise, anyone with 60 days abstinence can be the speaker. It can be in person or on zoom. If it is someone on zoom, please give them the meeting ID and password (Available on website or in the book at the meeting). Share your story (experience, strength, and hope.) Speaker gets 20 minutes to share on their experience, strength, and hope. Questions or sharing followed.

Plan B - If no speaker is lined up then it is Leader's choice. Please refer to the calendar to see who the speaker is.

Months with 5 weeks – Leader's Choice – Please use OA/AA approved literature. Leader, write on the calendar what book is planned so members can bring the book to the meeting if they have one.

FYI- Ask these people what is involved if you are interested in doing service.

Secretary and the contact list - Ann M.

Intergroup Rep – Carrie G.

Treasurer-Cindy W.

Leader Scripts- Julie C.

Church Contact Person- Michele B.

Literature-Amy Y.

SECURITY PERSON:

Please copy and paste the following into the CHAT after the leader reads the 7th Tradition section:

Two ways to contribute:

1. Venmo: @Mich-Ball66
2. Mail checks, bank e-checks or money orders to Cindy Waters, Treasurer
[Text or call Cindy for the address: (515) 491-8774]

Saturday 9:00 am OA Business Meeting Format- Approved on 2/20/2021

Begin meeting at 9:45 a.m. and read the following:

Our monthly business meetings help us take care of this meeting's business and keeps this meeting functioning smoothly. For our group purpose there is but one ultimate authority—a loving God as may be expressed in our group conscience.

Minutes (from last meeting): Ann M.

- Welcome
- Ask if there are any corrections.
- Ask for **Motion** * to approve the minutes as read or with corrections.

Treasurer's report: Michele B.

- Ask Treasurer (or substitute) to report.
- Any discussion?
- Ask for **Motion*** to approve the Treasurer's report.

Intergroup Report: Judy T.

- Ask Intergroup Representative (or substitute) to report.
- Ask if there are any questions.

Old Business: Note any unfinished business from secretary's report. If anything requires group conscience vote, ask for a **Motion**.*

10:15 a.m. Ask the group if they wish to continue or close.

[Note: Need **Motion*** to continue for 5 or 10 more minutes]

New Business: Ask if there is any new business. If so, follow **the Motions*** section for voting.

Note: If there are any job openings and there is someone willing to serve, ask for a motion to approve the candidate (raise hands or say yea).

Closing: Thank everyone for their service.

Will all those who wish, please unmute your speaker & join me in saying the Serenity Prayer?

Motions *

- Ask for motion
- Be sure it is seconded
- *“Motion now open for discussion”*
 - If someone calls the vote to question, proceed to...
 - *“Please vote by voice and raising your hand”*
 - *All those in favor say aye*
 - *All opposed, say nay*
- Announce decision
- Ask if any minority voters wish to speak
- Afterwards, ask if anyone wants to change their vote
- If not, voting is done. If so, voting is done again