



Sunday Santa Barbara Meeting #11982

Begin at 6:00 P.M. and end at 7:00 P.M.

Big Book Study—Suggested Zoom Format

We read: Weeks 1-3 text in order to p164 *then* Weeks 4-5 full stories in order, max 1-min share on reading

If possible **before the meeting starts**: ask for volunteer readers for the following five (5) format readings:
OA Preamble, Our Invitation to You, Twelve Steps, Twelve Traditions, Promises or A Vision for You

- 1. Welcome** to the Sunday 6 P.M. Big Book Study meeting of Overeaters Anonymous.
My name is _____. I am a compulsive eater and your leader for this meeting.
Please click “Chat” to review Zoom tips.
Please MUTE yourself to minimize distractions and then unmute yourself to share or read.
If you joined as phone only, *6 will mute/unmute and use *9 to raise hand.
- 2. Will those who wish to, 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.
- 3. 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.**
- 4. Are there any compulsive eaters here besides myself?**
If you are here for a first, second, or third time, returning to OA, or visiting from another area, please tell us your first name so we can welcome you. [Welcome each person by name.]
In OA, we encourage you to:
 - Get a sponsor to help guide your recovery;
 - Develop a plan of eating, and if you wish, write it down, and report daily to your sponsor; and
 - Read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.”
- 5. Format readings**—when possible ask for volunteers before the meeting starts
 - a) I’ve asked _____ to read the [OA Preamble](#)
 - b) I’ve asked _____ to read [Our Invitation to You](#)
 - c) I’ve asked _____ to read the [Twelve Steps of Overeaters Anonymous](#) from BB page 59
- 6. In Overeaters Anonymous, Abstinence** is the act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical **recovery** is the result of working and living the Overeaters Anonymous Twelve Step program on a daily basis.
- 7. The OA Tools** of recovery help us work the Steps and refrain from compulsive overeating. The nine Tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service. For more information, read the OA pamphlet *The Tools of Recovery*, [available online](#).
- 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. The current [InterVoice](#) lists sponsors willing to take calls.
- 9. The “Chat” log** is our **Meeting Record**, where members can leave their names with contact info—add “please call” to receive a call and “takes calls” if you are available for outreach.

- Will someone volunteer to call the members who requested a call this week?

Thank you—please check the Chat log before you leave.

- Only OA-approved **literature** is suggested for OA meetings. Many OA members find that reading our literature on a daily basis further reinforces how to live the Twelve Steps.
- Does the Secretary have any **announcements**? Does the **Intergroup Rep** or **Treasurer** have anything to report? Are there any **other OA** announcements?
- According to our **Seventh Tradition**, we are self-supporting through our own contributions. **Newcomers don't contribute as a sign that OA offers the gift of recovery to you.** We continue to send regular contributions to our Intergroup, Region 2, and World Service to help carry the message to other compulsive overeaters. We encourage OA members to give as much as they are able to help our group be self-supporting. OA World Service suggests a donation of \$5.00 or more. Please see the 'Chat' log for payment options or stay after the meeting to ask for details if you are phone only.
- Before we begin the reading, members can unmute and **introduce ourselves**. [Leader starts.]
- READING** This is a **Big Book Study** meeting. We read in alphabetical order according to members' first names, beginning with the leader. **Reading selection and duration varies based on date:**
Weeks 1-3: We are reading the BB text, starting on page _____. We will read until **6:40**. After each paragraph, please pause to allow time for response to the reading. Anyone can speak to elaborate on what was read, ask questions about what was read, or share OA-related personal experience with regard to the reading. Please keep your sharing brief.
Weeks 4-5: We are reading the BB stories, starting on page _____. We will read until **6:45**. After each paragraph, please pause to allow time for response to the reading. Anyone can speak to elaborate on what was read. Please keep your response to 1 minute max.
- SHARING** We are now open for **General Sharing until 6:55**. 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.
 Feedback, cross talk, and advice-giving are discouraged here. 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 speaking at the time.
 We ask everyone to respect our group conscience. Please be mindful to finish within 3 minutes. If you can't self-time, please raise your hand and a timer will be set for 2 minutes with a 1-minute wind-down.
- At 6:55** I've asked _____ to read the **Twelve Traditions of Overeaters Anonymous**.
- 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. **Whom you see here, what you hear here, when you leave 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.
- I've asked _____ to read **The Promises** (BB pg 83-84) or **A Vision for You** (BB pg 164).
- Thank you for allowing me to lead the meeting. Will someone volunteer to lead next week?
 After a moment of silence, **please** join me in _____ leader's choice: **Serenity Prayer, Third Step Prayer, Seventh Step Prayer**, or **OA Promise** (*'I Put My Hand in Yours'*)?