

Thursday Evening “Renegades” Meeting (Zoom or hybrid)

Rev. 2022_04_01

Hello everyone. Welcome to the Thursday night Renegades Overeaters Anonymous meeting. My name is ____, I’m a compulsive eater, and your chair for today. Would you please join me in the Serenity Prayer?

This is the OA Preamble:

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope are recovering from compulsive overeating.

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 organization, 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 the message of recovery through the Twelve Steps of OA to those who still suffer.

Let’s start by introducing ourselves. We’ll do so according to the numbers which appear with our names. Many of us add a phrase like “I’m a compulsive eater,” but no one has to. (*Introduce yourself.*)

Is there anyone here attending a meeting for the first time? (*If not, go to the next page. If yes, please read the following.*)

Newcomer section:

Welcome, _____. We’re always excited to have newcomers join us. During regular meetings, we usually read and share about program literature. However, newcomers are very important in OA, and so we’re going to take some time to help you to figure out if you belong here. I’ll start by reading “Our Invitation to You” (*see last page*).

I’m now going to invite a few members who have experienced recovery from compulsive eating to share their stories. They’re going to tell us what they were like before, what they did, and what they’re like now. Each person will take up to 4 minutes. Who would like to start? (Have 3-4 shares.)

Thanks to those who shared their stories. We hope that this can help you figure out if OA is right for you. Is there anyone who’s able to stay and chat with ____ after the meeting, to continue the conversation?

We’ll now go back to our regular meeting format.

Regular meeting format:

Who will read the **12 Steps**?

Who will read the **12 Traditions**?

The **Seventh Tradition** says that we are self-supporting through our own contributions. Our group pays for the rent, literature, and our online meeting platform, and supports the Intergroup, the Region, and World Service Office. Please give as if your life depends on it. The WSO suggested contribution is \$5, but please give what you can. Contributions can be sent to our treasurer Jeannine. Can she (*or designate someone else*) put her email address in the chat? It's js209@mym_*.net. (*If applicable:*) Newcomers are asked not to donate today. We suggest that you purchase OA literature instead.

Announcements: Are there any announcements? We ask that you keep them short. Please save questions or business for after the meeting or for a business meeting.

Refer to the Meeting Schedule for tonight's topic.

This group has decided that throughout the course of our meeting we will keep all comments confined to the material being studied. It's more appropriate to discuss personal problems one on one outside of the meeting.

****Note to Meeting Chair**** Observe number of attendees and, if you feel it appropriate, ask everyone to be cognizant of number and govern their sharing time accordingly so that everyone who wants to share has that opportunity. **This does not have to be done at every meeting. It is the Chair's decision.**

If we're reading from the AA Big Book, please read this:

Tonight, we are reading on page ___. (***If there's a newcomer, give a bit of background: what we're reading from and what the topic is, with a short explanation.***)

I will read from the last paragraph we studied until I feel there is something to share about what I have read. Then, everyone in the group will have an opportunity to discuss the reading.

... or read this when other literature is being read:

The rest of this meeting is a literature study. We will read from (title) on page ___. I will then share about it, and everyone will have an opportunity to do the same. Let's remember to share a message of strength and hope.

After shares are done, you can do another reading if time permits, open the table up to other sharing about program, or prepare to close:

Next week's chair and host: Who would like to chair next week's meeting? Who would like to be the Zoom host?

Contacting Others: Contacting others during the week helps us break the cycle of isolation in which many of us find ourselves. Please consider reaching out to others. We have a contact list which we update regularly. If you're new to our meeting, if your contact information has changed recently, or if you haven't received the contact list in a while, please consider sharing your email address and phone number in the chat so that we can add you to the list. It is only be used for OA purposes. Remember that you will only receive the contact list if you share your email address. ***(If Jeannine isn't in attendance, please designate someone to record their name & contact info & to share it with Jeannine. If a newcomer has zoomed in, please ask for someone to get their mailing address so that we can mail them the newcomer pamphlet.)***

This is the OA Statement on Abstinence and Recovery: Abstinence in Overeaters Anonymous is the action 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 living the Overeaters Anonymous Twelve Step program.

Step 11: For many of us a regular daily quiet time for prayer and meditation is essential, a part of this program we don't want to live without, for it gives us the direction and strength we need to live the rest of the day effectively. Many of us begin and end our day with prayer and meditation and also use the practices at all times during the day when we feel the need for guidance, strength or serenity.

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 they 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 and share the platforms they can be reached on?

In closing, the opinions expressed here were strictly those of the person who gave them; take what you like and leave the rest. The things you heard were spoken in confidence and should be treated as confidential. Keep them within your heart and mind. Sharing experience, strength and hope helps in our recovery.

Closing Prayer: Let's close with the _____ Prayer followed by the Responsibility Pledge. (Options: Serenity Prayer, Step 3, Step 7, OA Promise, or Prayer of St. Francis.)

OA Prayers:

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.

Third Step Prayer: God, I offer myself to Thee, to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life.

Seventh Step Prayer: My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.

OA Promise: 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're 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.

Prayer of St Frances

Lord, make me an instrument of thy peace!
That where there is hatred, I may bring love.
That where there is wrong, I may bring the spirit of forgiveness.
That where there is discord, I may bring harmony.
That where there is error, I may bring truth.
That where there is doubt, I may bring faith.
That where there is despair, I may bring hope.
That where there are shadows, I may bring light.
That where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort than to be comforted.
To understand than to be understood. To love than to be loved.
For it is by self-forgetting that one finds. It is by forgiving that one is forgiven.
It is by dying that one awakens to Eternal Life.

Responsibility Pledge: Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

FYI – Manitoba toll free dial in number is **204-272-7920**

Meeting ID: 826 2992 6338

Passcode: 5737948

The Twelve Steps of Overeaters Anonymous

1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

The Twelve Traditions of Overeaters Anonymous

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Our Invitation to You

We of Overeaters Anonymous have made a discovery. At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health and self-confidence, which some of us had once possessed, were no defense against it.

We have learned that the reasons for the illness are unimportant.

What deserves the attention of the still-suffering compulsive overeater is this: there is a proven, workable method by which we can arrest our illness.

The OA recovery program is patterned after that of Alcoholics Anonymous. As our personal stories attest, the Twelve-Step program of recovery works as well for compulsive overeaters as it does for alcoholics.

Can we guarantee you this recovery? The answer is up to you. If you will honestly face the truth about yourself and the illness; if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life, and

to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover.

To remedy the emotional, physical and spiritual illness of compulsive eating we offer several suggestions, but keep in mind that the basis of the program is spiritual, as evidenced by the Twelve Steps.

We are not a “diet” club. We do not endorse any particular plan of eating. In OA, abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Once we become abstinent, the preoccupation with food diminishes and in many cases leaves us entirely. We then find that, to deal with our inner turmoil, we have to have a new way of thinking, of acting on life rather than reacting to it — in essence, a new way of living.

From this vantage point, we begin the Twelve Step program of recovery, moving beyond the food and the emotional havoc to a fuller living experience. As a result of practicing the Steps, the symptoms of compulsive eating and compulsive food behaviors are removed on a daily basis, achieved through the process of surrendering to something greater than ourselves; the more total our surrender, the more fully realized our freedom from food obsession.