

Newcomers Meeting Intro:

Welcome to our Monday Newcomers meeting of Overeaters Anonymous hosted by the Western New York Intergroup. My name is _____. I am a compulsive eater and your leader for this meeting.

Opening Prayer:

Will those who wish, 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.
Amen.*

OA's Unity with Diversity Policy

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, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait.

WELCOME HOME!

Have you ever worn a mask or hundreds of masks because you were sure that if you shared the person you really were no one would ever love or accept you? We accept you in OA. May we offer you a home? Overeaters Anonymous extends to all of you the gift of acceptance. No matter who you are, where you come from or

where you are heading, you are welcome here! No matter what you have done or failed to do, what you have felt or haven't felt, where you have slept, or with whom, who you have loved or hated - you can be sure of our acceptance. We accept you as you are, not as you would be if you could melt yourself and mold yourself and shape yourself into what other people think you should be. Only you can decide what you want to be.

Welcome to OA, Welcome Home!

But we will help you work for the goals you set, and when you are successful we will rejoice with you; and when you slip, we will tell you that we are not failures just because we sometimes fail, and we'll hold out our own arms, in love, and stand beside you as you pull yourself back up and walk again to where you are heading! You'll never have to cry alone again, unless you choose to. Welcome to OA, Welcome Home!

Sometimes we fail to be all that we should be, and sometimes we aren't there to give you all you need from us. Accept our imperfections too. Love us in return and help us in our sometimes-falling failing. That's what we are in OA - imperfect but trying. Let's rejoice together in our effort and in the assurance that we can have a home, if we want one.

Welcome to OA, Welcome Home! Abridged version of "Welcome Home" from the Taste of Lifeline Kindle Edition by Overeaters Anonymous

Welcomes & Introductions:

Welcome Home! If you are new to this meeting, we welcome you especially! We would invite you, and all members present here today, to write a brief introduction in the chat. Please share your name, and whereabouts you are located. If you want to be contacted, please leave your contact details. Please indicate if you are available as a sponsor. You may also wish to share a little about how your recovery program is going today, or maybe something you might wish to leave at the virtual door. Thank you!

To our newcomers, if you have not already done so, 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.

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.

The Twelve Steps

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

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. SPIRITUAL PRINCIPLE: Trust
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.
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 nonprofessional, 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.

Definitions In OA

Abstinence and Recovery: “Abstinence 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 and working the Overeaters Anonymous Twelve Step program on a daily basis.” – Abstinence & Recovery Policy revised at WSBC 2021 (Business Conference Policy Manual, 1988b [amended 2021])

The Nine Tools: “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, an action plan, anonymity, and service.” For more information, read The Tools of Recovery pamphlet.

Plan of Eating: The definition of abstinence is the same for all members, but the details of a plan of eating for each member may differ depending on what compulsive food behaviors we engaged in while practicing our disease, whether overeating, under-eating, and/or purging. A plan of eating is a Tool to help OA members maintain abstinence, i.e. the act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. There are as many “plans of eating” in OA as there are members, and a plan may change over time for each member.

Sponsorship: Sponsorship is one of the keys to this program's success. Sponsors are OA members committed to abstinence and to living the Twelve Steps and Twelve Traditions to the best of their ability. They share their program up to the level of their experience, and they strengthen their recovery through this service to others. A sponsor will help us through this Twelve Step program of recovery physically, emotionally and spiritually. They help you understand each step and how to work the program in the best way for you. Sponsors go beyond being supportive friends; they are truly a gift to the

program. To find a sponsor, look for someone who has what you want and ask how he or she is achieving it.

Meetings: It is critical to our recovery to meet with our fellows, to listen and to share. Together, we have learned, we get better. Meetings are a wonderful opportunity to identify our common problem and confirm our common solution through the Twelve Steps. As we learn more about these tools, and how to work the steps, we are able to share the gifts that we receive with others.

OA offers an array of meetings; face-to-face, telephone and virtual, on a wide variety of topics. There are over 6,500 face-to-face and virtual meetings worldwide, many of which are offered in languages other than English. Using the online search tool, it should be easy to find a meeting that works for you and for your schedule.

Telephone: In between meetings, it is imperative that we reach out to one another for support for ourselves and to offer help to others. It is common for many of our members to call, text, or email their sponsors and other OA members daily. Telephone, texting, emails or other forms of electronic contact provide an immediate outlet for those hard-to-handle highs and lows we may experience.

Writing: Writing, or journaling, helps us navigate our recovery. As we put our difficulties down on paper, it becomes easier to see situations more clearly, to understand our own behavior and better determine any necessary action. Writing can reveal solution that might not come to us by simply thinking or talking about them.

Literature: OA has an excellent selection of books and pamphlets that help us understand how to “work the steps” and give us examples of what life in recovery looks like. Only OA-approved literature is displayed at meetings. Many OA members find that reading our literature daily reinforces how to live the Twelve Steps.

OA Book Store: <https://bookstore.oa.org>

Action Plan: An Action Plan helps us integrate all the other OA Tools. Like our Plan of Eating, it is a process that is unique to each of us, that serves to identify and implement attainable actions that are necessary to support our individual abstinence. As it brings structure, balance and manageability into our lives, it helps us work our program consistently.

Anonymity: Anonymity gives OA members freedom of expression and safeguards us from gossip. It is a guarantee that we will place principles before personalities and assures us that only we have the right to make our membership known within our community. Anonymity at the level of press, radio, films, television, and other public media of communication means that we never allow our faces or last names to be used once we identify ourselves as OA members. OA has no stars. This tool assures us that we are one among many. Within the Fellowship, anonymity means that whatever we share with another OA member will be held in respect and confidence. What we hear at meetings should remain there.

Service: Any service in OA, no matter how small, helps reach a fellow sufferer while adding to the quality of our recovery. Members can give service by getting to meetings, putting away chairs, putting out literature, and talking to newcomers. Beyond the group level, a member can serve as an intergroup representative, committee chair, region representative, or Conference delegate.

SUGGESTED GUIDELINES FOR SHARING:

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 or sharing at the time.

We ask everyone to respect our group conscience. This meeting has decided that the chair for each meeting has the discretion to suggest to anyone sharing that he or she is off topic or is speaking too long. This meeting asks you to accept this suggestion in order to keep the meeting on track.

7th TRADITION:

According to our Seventh Tradition, we are self-supporting through our own contributions. Your contributions go towards this group's expenses: Zoom account access, web-hosting, chips, pamphlets and postage. We send regular contributions to Region 6 and theWorld Service Office to help carry the message to other compulsive overeaters.

Give as if your life depends on it! We encourage OA members to give as much as they are able, to help our group be self-supporting. While the suggested contribution is US\$5.00 or more, we welcome contributions of any amount. PayPal charges a set fee for each donation, so larger donations go farther.

CLOSING:

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. There are many different types of meetings, all of which are available to support your recovery from compulsive eating. Information about these meetings can be found on oa.org.

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.

Thank you for asking me to be your leader. After a moment of silence, will those of you who wish please join us in the OA Promise.

THE 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 are all together now,
Reaching out our hands,
For power & strength,
Greater than ours.
And as we join hands,
We find love and understanding
BEYOND OUR WILDEST DREAMS!!!

Keep coming back!
It works if you work it...
And you're WORTH it!!