

Thursday OA Lighthouse Writing and
Meditation Mee...

[Click here for Security Doc and Info for Zoom Link](#)

Kindle Information for meeting use only:

Click this link: [Amazon Kindle: Your free personal library you can take anywhere](#)

Choose the **Sign In With Your Account Option** using the information below

If you are prompted for a code text Cass @ 352-857-7290

Username: Saturdaybigbook12@gmail.com

Password: Lighthouse23!

UPDATE: Security Lead is responsible for Waiting Room during the Meditation and Writing - We Add Security features to remove the ability to turn on the camera and sound - and then security lead will resume video/sound after these portions of the meeting. Timekeeper must be cohosted to allow for muting and unmuting during these times

*******ATTN MEETING LEADER-DO NOT READ THIS OUT LOUD*******

In the event of a zoom intruder, please pause the meeting, once the room is secure and the meeting is resuming, and share the Sick Man's Prayer with the group.

You can find the prayer at the bottom of the script

Host please read: For the foreseeable future there will be no screen sharing done, the sharer will now share info into the chat where applicable. If that is not an available option, members are encouraged to follow along with their own literature. To help keep our meeting a safe space, service members will assist with managing any disruptions in the rare occasion they arise, including muting or turning cameras off if needed. If at any time you receive an inappropriate message, please message the Host immediately. To assist in keeping this meeting safe, participants do not have the ability to rename themselves. Please message the Chat Sharer/Newcomer Greeter if you would like to be renamed. The only person to allow participants to enter from the waiting room is the gatekeeper/security host. All participation at meeting is voluntary and optional. We will not call on people.

Thursday Morning Meditation and Writing Meeting

1. Welcome to the Thursday Meditation and Writing meeting of Overeaters Anonymous. My name is _____, and I am your

facilitator for this meeting. Please, if the environment you are in can be distracting or you are eating, please be mindful of others and keep your camera off. (Host please read the highlighted blurb above outloud to the meeting members)

2. (Serenity Prayer) Will those who wish, 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. (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 this message of recovery through the 12 steps of OA to those who still suffer.”

4. Whatever problem you may have with food, you are welcome at this meeting. This meeting focuses on the 11th step of Overeaters Anonymous with the practices of Meditation and Writing with concentration on connection to a Higher Power, often referred to as 2-way prayer. The format is 10 minutes of meditation, a reading focusing on Spirituality and constant contact with a Higher Power, 15 minutes of writing, and sharing on our writing. Is there anyone here who has never attended an OA meeting? Please unmute yourself and tell us your name so we can welcome you.

(If a newcomer is present, otherwise skip)

The Newcomer greeter for this meeting will be labeled in their zoom and will enter their information in the chat. Please feel free to place your information in the chat if you would like outreach and literature to help you get started.

(Link for Newcomer Files-[Click here for Newcomer Information](#))

(Copy and paste the link into the chat)

<https://oalighthouse.blogspot.com/p/information-for-newcomers-and-greeters.html>

(Copy and paste the link into the chat)

5. Would a volunteer please read the [12 Steps of Overeaters](#)

[An](#)

[onymous](#)6. **Definitions in OA:**

ABSTINENCE: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

RECOVERY: Removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve-Step program.

TOOLS: The OA Tools of Recovery help us work the steps and refrain from compulsive eating. The nine tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, an action plan, anonymity, and service.

(Copy and paste in chat)

7. *(Seventh Tradition)* According to our Seventh Tradition, we are self-supporting through our own contributions. This group receives

contributions at our paypal link which follows: [OA Lighthouse 7th Tradition](#) We use these contributions to pay for our zoom hosting, any newcomer materials, postage, and our contribution to OA world services. You are not paying for items or services so please choose friends when donating

8. *(Guidelines for Sharing)* SHARING: Cross talking is discouraged here. Please refrain from giving advice in our meeting. Cross talking is talking at an individual rather than to the group. If you are disturbed by a person's sharing, please reach out to the meeting leader or the group secretary AFTER the meeting. If you wish to share, raise your hand in the reactions button at the bottom of your screens. Please keep your shares to 3 minutes or less so everyone who wishes will have a chance to speak. Feel free to share from Experience, strength and hope as it relates to your OA recovery. At a quarter to the hour, Newcomers and Shy sharers and those struggling will be given an opportunity to share. If you are unable to share, please take care of yourself and find/reach out to someone after the meeting. When your 3 minutes are complete, you will be reminded to wrap things up in your next couple of sentences.

9. (On Awakening) Would someone volunteer to please read "On Awakening" from Big Book of Alcoholics Anonymous?

(Copy and paste the link or literature into the chat)

Bottom Half of Page 86(On Awakening) to bottom of Page 88 (It works it really does)

[Chapter 6 - Into Action - \(pp. 72-88\) \(aa.org\)](#)

[On Awakening](#)

Big Book (Alcoholics Anonymous) pp. 86-88

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all, God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while.

What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.

We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why.

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day “Thy will be done.” We are then in much less danger of excitement, fear, anger worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

It works- it really does.

10. *Meditation Time* We will now Spend 10 minutes in meditation seeking connection to our Higher Power. You may take whatever position you wish and turn off your camera or whatever is more comfortable for you at this time.

Copy and paste following in chat:

“We will now Spend 10 minutes in meditation seeking connection to our Higher Power. You may take whatever position you wish and turn off your camera or whatever is more comfortable for you at this time

(Moderator Sets Timer for 10 Minutes)

After Timer Goes off

Thank you, The time for meditation is now over.

11. *Set Aside Prayer.* Dear Higher Power, we invite you into this meeting to guide and direct each of us as we seek your truth. Please set aside anything that would block us. Lay aside our prejudices. Remove our fears that we may hear you today. We ask that we may have a truly open mind.

(Participants and leader will read from their own copies)

12. *Reading (Leader's Choice).* Leader selects a short reading from OA approved literature on a topic related to Spirituality, the 11th step, or constant contact with a Higher Power. (Leader can read or ask another member to read) *Reading.* I will read from _____ on page _____.

(After reading)

13. *Writing.* We will now spend 15 minutes in writing allowing ourselves time to become acquainted with our higher power. You may write about your experience in meditation, or whatever you may feel that your Higher Power is intuitively communicating to you at this time. To fully appreciate this space, please be sure that you are muted at this time, and if you do need to move around to please turn off your camera as not to disturb others.

Facilitator Set timer for 15 minutes.

Copy and paste in Chat

Writing. We will now spend 15 minutes in writing allowing ourselves time to become acquainted with our higher power. You may write about your experience in meditation, or whatever you may feel that your Higher Power is intuitively communicating to you at this time. To fully appreciate this space, please be sure that you are muted at this time, and if you do need to move around to please turn off your camera as not to disturb others.

Thank you, the time for writing is now over.

14. *Sharing.* We are now open for sharing. If you would like to share, please raise your electronic hand, message the hosts or co-hosts, or wave at the screen and the meeting facilitator will do their best to add you to the queue

in the order they are seen. Our group conscience for this meeting is 3 minutes. When your 3 minutes are complete, a gentle reminder of time will be given so that you can wrap up your share and that others may participate. May we have a volunteer to be our spiritual timekeeper today? Thank you for your service,_____.

15. *Announcements*. Are there any announcements for this OA group or OA as a whole?

(Copy and paste in chat)

We have Meetings on this same Zoom ID and Password on Tuesdays, Wednesdays, Thursdays, Saturdays and Sundays:

60 minute meeting

Meeting ID: 791 212 1212

Passcode: 1212

Meetings at 4 AM PST/5 AM MST/ 6 AM CST/ 7 AM EST are as follows:

- Tuesday: Alcoholics Anonymous 12 Steps and 12 Traditions Literature
- Thursday: Step 11, Meditation, Writing, and Two-way Prayer
- Saturday: Big Book of Alcoholics Anonymous, Speaker on 1st Saturday of the Month
- Sunday: Newcomer Meeting- Moderator selected materials on Steps 1,2,3 and tools of OA, Speaker on the Last Sunday of the Month

Meetings at 3 AM PST/4 AM MST/ 5 AM CST/ 6 AM EST are as follows:

- Wednesday: Body Image literature meeting

(Copy and paste in chat)

- Our Business Meetings are on the last Saturday of the month. To sign up for service positions and participate in the Group

Conscience meeting, please attend then. If you would like to do service or have any items for discussion and cannot make our meeting, please contact our Secretary Cassandra HT. at cass.newcomer.info@gmail.com or reach out via the WhatsApp Chat.

- We are closing in on a date and location for the OA Lighthouse's Weekend of Fellowship & Fun, which will be held in April, 2026, in either North Carolina or Florida. If you are interested in joining us, please answer Survey #3 at this link to indicate your choice for which weekend in April and which state.
<https://www.surveymonkey.com/r/2QCR9Y9>
- Whatsapp Fellowship available at link below, or contact a newcomer greeter or the meeting secretary to be added:
<https://chat.whatsapp.com/BWcLKP8YMtrKFqYfAo9IDu>
- Additional information about The OA Lighthouse group can be found at: <https://oalighthouse.blogspot.com/>

16. Will someone volunteer to take newcomer's questions along with the moderator for 15 minutes after the meeting? Thank you for volunteering,_____.

(Copy and paste in chat)

17. "As a reminder, the opinions expressed here today are those of individual OA members and do not represent OA as a whole." Take what you like and leave the rest. Additionally if you are interested you can find, and purchase, OA approved literature on OA.org. The link will be placed in the chat:

<https://bookstore.oa.org/>

18. *Closing*: By following the Twelve Steps, attending meetings regularly and using the OA tools, thousands have changed their lives. We offer hope and encouragement. To the newcomer, we suggest attending at least six different meetings before deciding OA is for you. Please remember our commitment to honor each other's anonymity. Let us all reach out by phone or email to newcomers, returning members and to each other. Together we get better!

19. (11th Step Prayer) After a moment of silence, would someone like to lead us in the 11th step Prayer? Everyone else will read along and recite on mute.

(Copy and paste in chat)

Lord, make me a channel 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. Amen

Thank you, the meeting is now closed. Keep coming back! Are there any questions?

In the event of a zoom intruder please share and recite the following prayer:

Sick Man's Prayer

This was our course: We realized that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God sae me from being angry. Thy will be done."

Tab 2

