

# OASF 7AM Solutions & Serenity

## Sunday Format

## Secretary Script

**Secretary:** Fernanda D.; **Zoom Host:** Kim O./Katharine K; **Breakout Rooms:** N/A;  
**Screen Sharing: (temp): Frances, Waiting Room:** Deborah F.

Reading: *Body Image, Relationships, and Sexuality; Personal Journeys to Recovery in Overeaters Anonymous*

Where we start reading today: [Bookmarks Document](#)

### Secretary:

**Introduction:** Good morning and welcome to the *Body Image, Relationships and Sexuality* Book Study meeting of Overeaters Anonymous. My name is \_\_\_\_\_ and I am a \_\_\_\_\_ and your secretary for this meeting. After a moment of silence for those who still suffer 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 the wisdom to know the difference.

**Please mute yourselves now.** Please keep yourselves muted unless you are reading or sharing. Please stop your video if you are eating or if there are distractions in your space. If you are calling in by telephone, press \*6 to mute/unmute yourself.

### OA PREAMBLE: ....

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

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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. 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 attribute.

**We invite people who have not read this week to read: (pause)**

- Will someone please unmute and read ***Page 86 of the AA Big Book?***
- Will someone please unmute and read ***The 12 Steps of OA?***
- Will someone please unmute and read ***The 12 Traditions of OA?***

**Greeting Newcomers:** If this is your first, second, or third time to a 7am San Francisco Solutions and Serenity meeting, or if you've been in OA less than 30 days or are a returning member, please introduce yourself by your first name only so that we may get to know you? This is not to embarrass you, but to welcome you. (Pause for introductions.) The link for OA literature will be posted

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in this meeting's chat box. San Francisco meetings are listed at [oasf.org](http://oasf.org).

**Newcomer Information:** Newcomers, if you would like to have a link to the OA page "*Where Do I Start?*" now available in 48 languages and printable, you may access that file for free at [OA.org](http://OA.org). The link will be posted in the chatbox.

**Sponsors:** Sponsors are OA members who are committed to abstinence and to living the 12 Steps and 12 Traditions to the best of their abilities. If you are available to sponsor or temporarily sponsor, please add your name, phone number and note "available sponsor" in the chat box when it opens at 7:25..

**Today's Readings and Format:** This meeting of Overeaters Anonymous is to share in the study of the OA book *Body Image, Relationships, and Sexuality*. 08/09/2026 - Today our readings are from the OA "*Body Image, Relationships and Sexuality*," continuing with the story, "*Sexual Abuse and the Steps*," beginning with, "*After living most of my life ashamed of my body...*" at 72%, page 114 of 163, location 1491 of 2094 (Kindle edition).

**Introduction to sharing:** The theme of this meeting is to live in the solution: the OA Program of Recovery. Specific foods may be mentioned; there is no requirement of abstinence to share your recovery. Shares are limited to 2.5 minutes.

Please read a paragraph or two and then share for up to two

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and a half minutes about what you have read or some other aspect of this step. (Or you may read and pass).

For our group purpose, crosstalk and the use of emojis are strongly discouraged. **Crosstalk** is loosely defined as expressions regarding another person's share, whether written, verbal or digital **or naming another person during our share**. The "chat box" is available to request private conversations. If you have questions or concerns that arise during the meeting, please direct message the Host.

**Time Keeper:** May we have a volunteer timekeeper? (pause to get timekeeper). Please set an alarm for 2m 15s and say "TIME" to signal the person to wrap up within 15 seconds.

Who would like to begin?

**At 7:25:** We will stop reading here. We'll now open the meeting for sharing. We have until 7:57 for sharing on the reading or on any related topic or how this affects your program. Please raise your hand in either the participant or the reactions panel to share. Press \*9 if you are on the phone.

If there are no raised hands and there is still time left, we can pick up with the reading/sharing rhythm until 7:50 when we open for newcomers.

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**At 7:50:** Now, any newcomers to the meeting are invited to unmute and speak.

**At 7:57:** That's all the time we have for today.

**SEVENTH TRADITION:** Our 7th tradition states that "every OA group ought to be fully self-supporting, declining outside contributions."

To donate to 7 a.m. San Francisco Solutions and Serenity virtual meetings, the host will copy the seventh tradition information into the chat.

**PHONE # SHARING:** Please add your phone number to the chat box if you would like to receive calls; take numbers to make calls. Members may choose independently whether or not to include their contact info as an extension of their screen name. Please note: This is visible to anyone signed into the meeting.

The [Service Roster sign up document](#) for the current July 1 – December 31, 2026 is posted for signups. Positions may be shared. The host will post a link with more information in the chatbox.

**STEERING COMMITTEE** meets on the last SUNDAY of the month, which for this month is **July 26**. All Proposals are posted on our meeting listing at the [oasf.org](https://oasf.org) website under

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[Business Meeting Proposals](#). To add an item for discussion, use the comment feature in the document.

**REMEMBER:** Agenda items need to be posted the Sunday

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prior to the business meeting, **(this month, that's July 19)**. In order for your proposal to be heard, you must be at the meeting to present it.

**ANNOUNCEMENTS:** Please check the chat for other important Solutions and Serenity announcements. Other Bay Area events are at [oasf.org](http://oasf.org) and all OA announcements are at [oa.org](http://oa.org).

Are there any other announcements for the good of OA?

Newcomers are the most important people at any meeting. We welcome you and invite you to stay after the meeting to talk to people.

Remembering the 12<sup>th</sup> Tradition, Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. Who you see here, what is said here, let it stay here. Will all who care to join me in the closing prayer.

#### **OA 3rd 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

Revised 07/09/26 to reflect group conscience decisions and July-Dec service roster updates.

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Thy Way of Life. May I do Thy will always.