

SUNDAY NIGHT SPECIAL FORMAT

WELCOME AND SERENITY PRAYER

Hi, welcome to the Sunday Night Special meeting of Overeaters Anonymous. My name is _____, I'm a Compulsive Overeater and your leader today. **Zoom etiquette, please turn off your video if you are walking away from your computer, eating, exercising, etc. Please mute yourself unless you are reading or sharing.** If you wish to, please join me in the Serenity Prayer. However, please remain muted and simply follow as I recite the prayer to avoid confusion. 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.

1. OA PREAMBLE

OA 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 food behaviors, and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

2. May we have a volunteer to read the **Twelve Steps of Overeaters Anonymous?**

3. May we have a volunteer to read the **Twelve Traditions of Overeaters Anonymous?**

4. NEWCOMERS AND VISITORS

Do we have any newcomers to OA? Do we have any visitors from outside the Las Vegas, Nevada area? If so, would you please introduce yourself by giving your first name only? We ask this to welcome you, not to embarrass you.

If you are new or would simply like to receive a call this week, please put your name in the chat with an asterisk next to it and you will receive a phone call from our newcomer greeter.

We will place a web link in the chat for a downloadable free newcomer packet.

5. **STATEMENT ON ABSTINENCE**

Abstinence in OA is the action of refraining from compulsive eating, and from compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery are the results of living and working the Overeaters Anonymous Twelve Step Program on a daily basis. We have 9 Tools to help us: A Plan of Eating, Sponsorship, Meetings, Telephone, Literature, Action Plan, Writing, Anonymity, and Service. For more information, please read the "Tools of Recovery" pamphlet.

6. **SPONSORSHIP**

Sponsors are OA members committed to abstinence, and to living the 12 Steps and 12 Traditions to the best of their ability. Sponsors share their program up to the level of their experience. To find a sponsor, look for someone who has what you want, and ask how they are achieving it.

7. **7TH TRADITION AND ANNOUNCEMENTS**

We are self-supporting through our own contributions declining outside donations. OA has no dues or fees, but we do have expenses. Please go to <https://lvoa.org/> and click on the "7th Tradition" button to donate. You can note in PayPal that your donation is for the Sunday night 5:30 pm meeting. Please give what you can, and even if you can't, keep coming back.

-Business meetings are held on the first Sunday of the month after the meeting.

-If you'd like to share your contact information, please put your name and number in the chat.

-Are there any announcements?

-Who would like to lead the meeting next week by reading the format?

8. **MEETING FORMAT**

Today we will be reading_____. Please read three paragraphs at a time when we read out of the 12 & 12 or *Seeking the Spiritual Path: A Collection* from *Lifeline*.

Week 1: Step (OA 12 & 12)**

Week 2: Tradition (OA 12 & 12)**

Week 3: OA daily reader,

Week 4: *Seeking the Spiritual Path: A Collection from Lifeline*,

Week 5: Speaker - If it is a speaker week, ask for a timer, and the speaker gets 20 minutes.).

****(*Leader*, Please Read This on Nights We Read from OA 12 & 12: We will be going around the room reading the step or tradition until 5:55.)**

9. **AFTER THE READING/BEFORE SHARING BEGINS**

We ask that you limit your shares to 3 minutes. When a person shares in the meeting, we refrain from commenting on what they have said. "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/sharing at the time." Members are encouraged to focus on their own experience, strength, and hope. If you choose not to share, you can pass. We will be using a timer for the shares. _____ will be our timer. Our timer will say "gentle reminder" when your 3 minutes are up. Ok, who would like to share?

10. **ENDING THE MEETING**

At 6:25 ask if anyone has a burning desire to share?

The opinions expressed here are those of the person who gave them, and not of OA as a whole. Please remember our tradition of anonymity: Whom you see here, what you hear here, when you leave here, let it stay here! Thank you for letting me be your leader for this meeting. After a moment of silence, will all who wish, please join us in the Serenity Prayer.

Note for Moderator: If readings are done and everyone has finished sharing (perhaps more than once) and there is extra time left Moderator can do a 5-7 minute silent group meditation before the close of the meeting.

FOR SERVICE POSITION HOLDERS:

It is the group conscience of this meeting that for security purposes, you have your name posted and your video turned on when you enter this Zoom meeting.

Statement for people in Zoom waiting room that you don't recognize:

1. Please change your DISPLAY name or tell me your name so I may change it for you when you enter the meeting. Please enter with camera on.

Qualifying questions for people asking for password to our meeting:

1. Have you been to an OA meeting before, or is this your first time?
2. How did you hear about us?
3. How did you find our meeting?

For the “*Link Poster*” position:

Links posted at **beginning of meeting**:

OA literature:

<https://bookstore.oa.org>

7th step donation here:

<https://lvoa.org/>

Free Newcomer Pamphlet PDF

<https://bit.ly/OANewcomer>

LVOA Meeting list Here:

<https://bit.ly/LVOAmeetings>

It is the group conscience of this meeting that for security purposes, you have your name posted and your video turned on when you first enter this Zoom meeting.

Link posted toward the **end of the meeting**:

Thank you for coming to our meeting! We’d love to see you again, please add this link to your calendar and join us again: Sunday Night Special, 5:30 pm PST

<https://us06web.zoom.us/j/6505505500?pwd=MOCxwSigDmggB6x1gCXZz0spJHH6j2.1>

[Business Meeting Notes Here](#)