OASF 7AM MONDAY - SATURDAY READINGS

OA - Page 86-88 of Alcoholics Anonymous

The Twelve Steps Of Overeaters Anonymous

The Twelve Traditions Of Overeaters Anonymous

The 9 Tools of OA

The 9th and 10th Step Promises

The OA Promise Unity Prayer

Third Step Prayer

The Seventh Step Prayer

(Chat Announcements)

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

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On Awakening
Page 86-88 of *Alcoholics Anonymous*
(adapted from AA)

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.

We compulsive eaters are undisciplined. So we let God discipline us in the simple way we have just outlined. But this is not all. There is action and more action. "Faith without works is dead."

Anonymous. Alcoholics Anonymous. Kindle Edition.

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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.

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

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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 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.

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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, film, 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.

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The 9 Tools of OA

“In working Overeaters Anonymous’ Twelve-Step program of recovery from compulsive overeating, we have found that a number of tools are available to assist us. We use these tools … on a regular basis, to help us achieve and maintain abstinence and recover from our disease.”

– The Tools of Recovery p.1

“Abstinence is the act 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.”

The nine tools of OA are: (please read the list)

- Plan of Eating
- Sponsorship
- Meetings
- Telephone
- Writing
- Literature
- Action Plan
- Anonymity
- Service

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1. **A Plan of Eating:** A plan of eating helps us abstain from compulsive eating. (See the OA pamphlet “Where Do I Start?”) This tool helps us deal with the physical aspects of our disease and achieve physical recovery.
2. **Sponsorship:** We ask a sponsor to help us through our program of recovery on all three levels, physical, emotional, and spiritual.
3. **Meetings:** Meetings give us an opportunity to identify our common problems, confirm our common solution through the Twelve Steps, and share the gifts we receive through this program. In addition to face-to-face meetings, OA offers telephone and online meetings.
4. **Telephone:** Many members call, text, or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.
5. **Writing:** Putting our thoughts and feelings down on paper helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them.
6. **Literature:** We read OA approved books, pamphlets, and Lifeline Magazine. Reading literature daily reinforces how to live the Twelve Steps and Twelve Traditions.
7. **Action Plan:** An action plan is the process of identifying and implementing attainable actions that are necessary.

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8. **Anonymity:** Anonymity guarantees we will place principles before personalities.

9. **Service:** Any form of service that helps reach a fellow sufferer adds to the quality of our own recovery.

(NOTE: There is a longer version of the Tools reading, but this is the one from OA.ORG.)
From the OA website https://oa.org/working-the-program/tools-of-recovery/

Welcome to the OA 7AM Solutions & Serenity Meeting

2 Minute Silent Meditation in Progress
Please remain silent & mute your phone
The secretary will announce when complete

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The 9th and 10th Step Promises (adapted from AA)

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others.

That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us sometimes quickly, sometimes slowly. They will always materialize if we work for them. *(Alcoholics Anonymous, Pages 83-84)*

And we have ceased fighting anything or anyone–even food. For by this time sanity will have returned. We will seldom be interested in food. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward food has been given us without any thought or effort on our part. It just comes! That is the miracle of it.

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We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality–safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is how we react so long as we keep in fit spiritual condition. *(Alcoholics Anonymous, Pages 84-85)*

PRAYERS: (updated 9/26/24 business mtg)

Mondays, Wednesdays & Fridays: The OA Promise (Unity Prayer)

Tuesdays, Sundays: 3rd-Step Prayer

Thursdays, Saturdays: 7th-Step Prayer

The OA Promise (Unity Prayer)

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 and strength greater than ours. And as we join hands, we find love and

understanding Beyond our wildest dreams.

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. May I doThy will always.

The 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.

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CHAT ANNOUNCEMENTS

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Our July 26, 2026 group conscience voted to include the WSO approved alternative Serenity Statement, “I seek the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference” This is not intended to replace the Serenity Prayer, only as an option for those who wish to include it in their practice.

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LITERATURE

(OA literature is available at bookstore.oa.org/ as well as ebooks.) aa.org (for AA literature)

LITERATURE read at 7am Mtgs: (newest editions): OA/AA literature is screen shared where possible; the number indicates week. The Bookmarks Document is available at Bookmarks Doc or at meeting listing at oasf.org where it identifies where we will begin reading each day.

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READINGS:

Mon: (1) Speaker (2) Lifetime of Abstinence, start at “A Commitment To Abstinence” (3) Abstinence book (4)Lifetime of

Abstinence “ Start at “Keeping our Commitment to Abstinence” (5) Abstinence book

Tues: OA 12 x12 (1,2 Steps,4-Tradition), AA 12x12 (3, 5 Step of Month)

Wed: AA Big Book (all weeks except the AA Plain Language Big Book will be read on the last Wednesday).

Thu: (1) Voices of Recovery, (2) A New Beginning, (3) Diverse Voices, (4) For Today, (5) A Taste of Lifeline

Fri: Overeaters Anonymous “Brown Book”: Seeking the Spiritual Path (alternates each week)

Sat: OA 12x12 (1,3,4), AA 12x12 (2,5)

Sun: Book Study: Body Image, Relationships and Sexuality (1-5)

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NEWCOMERS: *Where Do I Start? Everything a Newcomer Needs to Know* is now posted online for free download. This page has been updated for 48 languages and offers sample food plans and material taken from important OA pamphlets. **Here is the direct link**

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THE CHAT BOX is now open for members to share their contact information and sponsor inquiries and availability. You may share with everyone and anyone about matters for the good of OA. Please refrain from crosstalk.

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SEVENTH TRADITION: DONATIONS TO OASF INTERGROUP

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POWERS OUR MEETINGS:

The OASF website, podcasts, 3 Zoom rooms that host 32 meetings, including a large room for special events, critical donations to OA World Service Office and Region 2, sending our trusted servants to Region 2 and World Service Conferences and more! Please donate as regularly as possible; it's easy to do; **click here** for direct access to the contribution link. Together, we get better!

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STEERING COMMITTEE meets on the last SUNDAY of the month which for this month will be ***Nov. 29*****.** All Proposals are posted on our meeting listing at the oasf.org website under 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 prior to the business meeting, (this month, that's ***Nov. 22***). In order for your proposal to be heard, you must be at the meeting to present it.

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OTHER ANNOUNCEMENTS:

The **Service Roster sign up document** for the current July 1 - December 31, 2026 term is posted for signups. Positions may be shared.

If you are new to service, please provide your name, phone number, email address and position to Grecia (co-Google Docs host) for inclusion in the confidential (to other service volunteers) Service Roster.

If you need assistance signing up or getting trained, please feel free to contact anyone with experience in that position.

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Trisha B.
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EVENTS: Other important Solutions and Serenity announcements are here in the chat box. Other Bay Area events are at oasf.org and all OA announcements are at oa.org.

SF INTERGROUP meets on the second Saturday of each month, 9:30-11:00, with the next meeting, ***November 14***. Meetings are hybrid: in person and on Zoom. For more information see the oasf.org website. Note: Intergroup Representative positions (4) are open. For more information contact Frances or Kim O.

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