

OASF 7AM Solutions & Serenity

Weekday Format

Secretary Script

Jul - Dec, 2025 Service Volunteers and Literature Summary

Monday: (Secretaries: Andrea D/Steven T; Zoom Host: Pat R, Breakout Rm: Matthew E.; Screenshare: Frances, Waiting Rm: Keleigh

Week 1: Speaker

Week 2: Lifetime of Abstinence, start at "A Commitment To Abstinence"

Week 3: Abstinence book (bookmark/continue)

Week 4: Lifetime of Abstinence " Start at "Keeping our Commitment to Abstinence"

Week 5: Abstinence book (bookmark/continue)

Tuesdays: (Secretaries: Casey M/Marie McM;; Zoom Host: Jesse M.; Breakout Rm: Jason W; Screenshare: Danielle N.; Waiting Rm: Lehna; OA 12 x12 (1,2 Steps,4-Tradition), AA 12x12 (3, 5 Step of Month)

Wednesdays: (Secretaries: George B/Amy B.; Zoom Host: Joanne F; Breakout Rm: Laura H.; Screenshare: Don H.; Waiting Rm: Amy P; AA Big Book (all weeks except the AA Plain Language Big Book will be read on the last Wednesday).

Thursdays: (Secretaries: Kitra/Laleh; Zoom Host: Paul Z; Breakout Rm: Mick H; Screenshare: Kim O/Trisha B; Waiting Rm: Frances H; 1st: Voices of Recovery; 2nd: A New Beginning: Stories of Recovery from Relapse; 3rd: Diverse Voices; 4th: For Today; 5th: Taste of Lifeline.

Fridays: (Secretary: Joe K/Millie; Zoom Host: SFinley (Odd month/Lehna (Even month); Breakout Rm: **OPEN POSITION**; Screenshare: **OPEN POSITION**; Waiting Rm: Robbie D;

Readings: Alternate between Overeaters Anonymous (a.k.a. "The Brown Book") and Seeking the Spiritual Path

See Bookmarks document for where we will start our readings each day:
[Bookmarks Doc Link](#)

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Secretary Opens The Meeting Here:

Good Morning; welcome to the (day of the week) morning meeting of Overeaters Anonymous. My name is _____ and I am a _____ and your secretary for this meeting. After a moment of silence for those still suffering, 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 and 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 or unmute yourself.

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

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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?***
- Will someone please unmute and read ***The Introduction to the OA Tools of Recovery*** and choose one of the tools to read or share about?

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Greeting Newcomers: If you are new or returning to this meeting, 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 newcomers)

Newcomers, if you would like to have a copy of the pamphlet “Where Do I Start?”, you may now download that PDF file for free from OA.org. The link will be posted in the chatbox.

Meditation: And now we will have 2 minutes of silent meditation. I will keep the time and welcome you back.

Speaker (1st Mon) or (2nd-5th Mon) Readings:

If Speaker: We'll now have a speaker who will share for 15 minutes.

If Readings: We now begin our readings for the day. This morning we are reading from the (book title and page number). The host will post the bookmark in the chat. We will conclude at 7:25. Please unmute yourself to read a paragraph or two and mute yourself afterwards.

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At 7:25: Conclude Readings. That is all the time we have for the readings.

7th Tradition: According to our 7th Tradition, we are self-supporting through our own contributions. A suggested donation of \$5.00 or more weekly by each person will help ensure this meeting continues. We support Intergroup with contributions to help carry the message to other compulsive overeaters. Newcomers need not contribute as a sign of our welcome. Instead, we encourage you to purchase literature. To donate to the 7a.m. San Francisco Solutions and Serenity virtual meetings the host will post a link in the chatbox.

Announcements: The Steering Committee meets on the last **Sunday** of the month, with this month's meeting on **(2025: Sept. 28)**. 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.

The Service Roster for the current July - Dec, 2025 term is posted with a number of positions still available for signups in

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the Business Proposal document. There are service positions supporting each of the 7 daily meetings. Please consider stepping into service to help our meeting keep its current services offered; training is available from those who have served. Positions may be shared. The host will post a link with more information in the chatbox.

Please check the chatbox for other important Solutions and Serenity announcements. Bay Area events are at oasf.org and all OA announcements are at oa.org. Are there any other OA announcements?

Phone Calls: Please add your phone number to the chat box at 7:25am pacific if you would like to receive calls. Take numbers to make calls.

Sponsors: Sponsors, if you are available to sponsor or temporarily sponsor, please add your name, phone number and note “available sponsor” in the chat box.

Introduction to sharing: The theme of this meeting is to live in the solution: the OA Program of Recovery, and to know that faith without works is dead. Please remember that cross-talk is strongly discouraged in order to ensure the

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safety, privacy and anonymity for all of us. This applies to both the main room and breakout rooms. Cross-talk can be loosely defined as any comments, negative or positive, about another person's share, experience, or program, or naming another person directly during our share. Please message the **Host** privately if you have any questions or concerns that arise during the meeting. Specific foods may be mentioned and there is no requirement of abstinence to share your recovery. Shares are limited to 2.5 minutes.

Sharing: The last ten minutes of sharing time are set aside for newcomers to share, but newcomers, please feel free to share at any time.

Breakout Room Option: You will be given the option to stay in the main room or to join a small break-out room. Please choose a timekeeper for your breakout room and now make your choice of main room by choosing the “not now” button or “join” for the break- out room option.

Main Room: For those staying in the Main room, to share, use the raise-hand feature located in the participants or the reactions panel or *9 if you are on the phone. I'll call upon

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fellows to share from our list.

Time Keeper: May we have a main room volunteer time keeper? Please set an alarm for 2m 15s and say “time” to signal the person to wrap up within 15 seconds.

At 7:45am: The last 10 minutes are reserved for newcomers to share. Newcomers and returning members, please feel free to unmute and speak.

At 7:55am: Closing: That's all the time we have for today. Newcomers are the most important people at any meeting. We welcome you and invite you to stay after the meeting to talk to people.

Would a newcomer or a struggling member like to read ***the Promises*** this morning? Please unmute and begin.(if no newcomer) : Who would like to read the Promises?

Closing: Remembering the 12th 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.

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Mondays, Wednesdays & Fridays: 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 do

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Thy 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.