

Here is the opening and closing of a Virtual Region Newcomer Open House script. It is for your reference only. You are under no obligation to use this script. Take what you need and leave the rest!

Please keep in mind our Unity with Diversity Policy in accommodating all members if possible - July, 2026.

***PLEASE NOTE FOR THOSE COHOSTED:** DURING MEETING IF EVER SEEING POP UPS FOR WAITING ROOM, PLEASE IGNORE. WELCOME CENTER SECURITY IS ONLY PERSON WHO ACCEPTS WAITING ROOM TO KEEP MEETINGS SAFE

Welcome to the Overeaters Anonymous Virtual Region Newcomer Open House! This newcomer meeting is being hosted by _____ and All Are Welcome! I'm _____, a compulsive overeater and your moderator.

Please join me in a moment of silence followed by the Serenity Prayer. Please remain muted so one voice is heard for clarity.

(PAUSE)

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.

(PAUSE)

Do we have any other members of a different language who would like to say the Serenity Prayer? (call on as needed)

(PAUSE)

We would like to take a moment to welcome any Newcomers who happen to be with us today. Please raise your electronic hand at the bottom of your screen so we can welcome you. (allow for raised hands and react accordingly in a warm fashion.)

(THIS IS THE TIME WHERE THE DESIGNATED MEETING MEMBER CAN COUNT NEWCOMERS & RECORD IT TO GIVE TO HOST) Welcome everyone

We are Overeater Anonymous

If you have tried to achieve a healthy body weight through many methods, only to fail repeatedly, or if your inability to control your eating is beginning to frighten you, then please consider attending at least 6 OA meetings to see if OA is for you. See the

pamphlet “Where Do I Start? Everything a Newcomer Needs to Know” at oa.org/start
(SHARE LINK IN CHAT)

At OA meetings, you will find others who have the same concerns and who share your feelings. Chances are you will find many of the answers you need. Overeaters Anonymous is a simple program that works. There are no dues or fees. We are self-supporting through our own contributions. The only requirement for membership is a desire to stop eating compulsively.

We ask that during the meeting, to keep your devices muted unless you are speaking and turn your video off if you are moving around. If the meeting is interrupted or mistakenly ends, log in again if necessary and we will continue.

We uphold OA’s Unity with Diversity Policy, which honors our differences yet unites us in a common solution. Opinions expressed are those of individual members and don’t represent OA as a whole. And remember our anonymity: whom you see here, what you hear here, when you leave here, let it stay here.

[ADD THE SCRIPT FOR YOUR MEETING HERE!]

(DURING THIS TIME, DESIGNATED SERVICE MEMBER MAY RECORD NUMBER FOR MEETING TO GIVE TO HOST)

It’s now time to close the meeting. Reminder of other newcomer meetings today, the schedule is in the chat.(place link in chat
<https://welcome.oavirtualregion.org/noh-meeting-schedule-oct-2026/>) If you click to leave room at the bottom right of your screen, then click leave breakout room, you will be back in the Welcome Center where they can assist you into the next meeting or answer any questions.

Thank you for allowing me to be your moderator. We will now close with Roseanne’s Prayer, who was our founder; “I put my Hand in Yours”

(PAUSE)

“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."

(PAUSE)

Thank you, everyone! This meeting is now closed!

(IF NEEDED) Does anyone here have questions, want to exchange phone numbers, or ask for a sponsor?