



SAN FRANCISCO INTERGROUP OF
overeaters anonymous

**Welcome to the Tuesday 7:00
P.M. “Century Newcomer’s
Meeting!”**

The meeting will begin shortly.

NOTE: I started screen sharing the page above as soon as I open the Zoom room to create a “cushion” for newcomers entering the Zoom room. There have been a few times when a newcomer comes into the room early and sees just one person and then leaves the meeting.

Meeting Script:

At 7:00 PM: “Welcome to the Tuesday Newcomer’s Question and Answer Meeting of Overeaters Anonymous. My name is _____, and I am a compulsive overeater and the secretary/host for this meeting.”

This is a special kind of meeting with a very casual format, which is intended to give new members an opportunity to ask questions about the OA program of recovery. A more typical OA meeting follows this one at 7:30 p.m.

The following is the 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 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 overeating and to carry this message of recovery to those who still suffer.

At this time we introduce ourselves. If you are new to OA, and if you wish, tell us your name and what brought you here.

Leader qualification: Welcome the newcomers and qualify briefly (~5 minutes) with time abstinent, weight loss, etc.

Phone List: In OA, we support each other with phone calls. Feel free to enter your name and telephone number in the chat box if you would like to receive calls feel free to take numbers to make calls. (Secretary, please take newcomers numbers and make a follow up call during the week.)

INTRODUCTION TO OA:

In OA meetings, you will hear slogans and vocabulary that may seem strange. I'm going to quickly go over some basic concepts and vocabulary to help you understand. (You may sceenshare this and ask volunteers to share the reading.)

12 Steps and 12 Traditions: The OA program of recovery is modeled after that of Alcoholics Anonymous. For us, food is a substance that we are powerless over in the same way that an alcoholic is powerless over alcohol. We have 12 steps and 12 traditions that guide us through our recovery process.

Compulsive overeating – the disease: We recognize compulsive overeating as a 3-fold disease – physical, emotional, and spiritual. This disease has caused us to hurt ourselves with food. This program offers tools to help us stop

Anonymity: In OA meetings, people share very honestly about feelings and events in their lives. Whatever is said in our meetings must be kept strictly confidential in order to maintain a safe environment for honest and open sharing.

Higher Power: If you are not spiritual – don't let the God stuff scare you! OA is a spiritually based program of recovery, but does *not* support any specific religion. You are not required to believe anything. You are encouraged to consider a power outside of yourself for help. Some members refer to that power as God or Higher Power.

Abstinence: The concept of abstinence is the basis of OA's program of recovery. We consider our inability to control our overeating in the past and abandon the idea that all we need is "a little willpower." Generally we identify the foods that make us crave and eliminate them. Then we work the program hard so that we don't need to eat them again. One step towards abstinence is to create a **Plan of Eating**, which defines what, when, and how you eat.

Literature: What you hear in meetings is each individual's experience in recovery from compulsive overeating. The actual program of Overeaters Anonymous is in the literature. We study OA literature as well as AA literature, which outlines the 12 steps and how the program works.

Money: There are no dues or fees for OA membership. We simply "pass the hat" at every meeting and ask for donations which are used to pay rent on the meeting space and other expenses such as refreshments and literature. If you are new, we would rather you did not contribute, but instead visit the literature table and consider purchasing a book that will help you with your recovery outside of meetings.

Sponsorship: Sponsors are OA members who are living and working the OA program of recovery and are willing to share their experience one-on-one with other members. If you hear someone sharing who has the type of recovery that you want, you can approach them and ask them how they achieved it.

Questions: Now is the time we invite you to ask any questions that you have about the program.

At 7:25 pm, close the meeting and invite members to attend the main meeting with a few suggestions:

Keep coming back! Even if you couldn't relate to what was shared at this meeting, you will surely hear folks in other meetings share history that is similar to your own.

Attend as many different meetings as you can.

Talk to a lot of different members and get answers to all of your questions.

Take phone numbers and make phone calls; members will welcome your call!

If you are unaware of your food triggers, you may want to start paying attention to them.

OFFER PAMPHLET (copy text into chat box):

If you would like the pamphlets “Where Do I Start?” and/or “Commitment to Abstinence” private-message the host with your home mailing address. Or, order them at

https://bookstore.oa.org/pc_combined_results.asp?pc_id=DCC05B8685F144B7BA789525BC6E7A6A “Where Do I Start” is also available on Kindle:

https://www.amazon.com/gp/product/B08DG8YK8J/ref=pe_27514090_521156290_pe_re_csr_ea_fa_0