

Sunday Madison OA Big Book Zoom Meeting Script - Approved Dec 2024

[Link to Volunteer Sign up](#)

1. *[Meeting security: If you are the meeting leader, please ask someone to claim the Zoom host key. That person can kick out Zoom bombers and share their screen if needed. If no one is able to claim the host key you can proceed with the meeting. If a Zoom bomber appears, simply instruct attendees to log off. If there are any new attendees with their camera off, please ask them to briefly turn on their camera to introduce themselves.]*
2. [At 9 AM] Welcome to the Sunday 9am Big Book Zoom Meeting of Overeaters Anonymous. My name is _____, and I'm a compulsive eater and your leader for this meeting.
3. Let's open the meeting with a moment of silence, after which you may unmute if you like and join in the Serenity Prayer:

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.

4. Please mute yourselves when not reading or sharing
5. This 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 eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

7. Could I have a volunteer to read "How it Works" *[Big Book pg 58-60 through the letter (c) after the steps]*? When reading the steps, traditions, and promises at this meeting you may replace alcoholic with compulsive eater, alcohol with food, and AA with OA. Otherwise read what is written.
8. Could I have a volunteer to read the 12 Traditions *[pg. 562]*

9. Are there any newcomers here today? If so, please unmute and introduce yourself.
10. Please place your phone number in the chat if you'd like people to reach out to you. We call this the We Care list.
11. Are there any OA announcements?
12. OA's 7th tradition states that we are self- supporting through our own contributions. You can mail contributions to Overeaters Anonymous at Post Office Box 294, Madison, WI 53701, USA. Please note that the contribution is for the "Sunday 9am Big Book Zoom meeting."
13. Our group conscience -
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 or sharing at the time.

We also ask that you not mention specific foods as it can trigger the disease in some of our members.
14. At this meeting we take turns reading from the Big Book and sharing. If you would like to read, please unmute, ask if anyone would like to share before you read, pause for a response, and then begin reading when the sharing is complete. Anyone can share at any time there is a pause in the reading.
15. We are reading from the Big Book on page XXX in the chapter titled XXXXX [*if you do not know what page, ask if anyone knows where we left off reading*]. Would someone please start reading?
16. [At 9:55 AM] We have about 5 minutes in the meeting left. Are there any additional shares?
17. Can I have a volunteer to read the promises? [*Big Book pg 83-84 from "If we are painstaking" to "if we work for them."*]
18. I'd just like to remind folks that there is a sign-up sheet online to do service work for this meeting, including leading. The script for the meeting is also available there. If no one has signed up to lead, someone can volunteer at the beginning of the meeting. Please consider leading a future meeting. [Link to service sign up](#)
19. Let's close the meeting with the Serenity Prayer. You may unmute and join if you like.

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.