Good morning and welcome to the Thursday Morning Overeater’s Anonymous Meditation Meeting. I am the leader for today’s meeting. My name is \_\_\_\_\_\_\_\_\_; my pronouns are  \_\_\_\_\_\_\_\_\_\_\_\_\_ . Are there any other compulsive overeaters here besides myself?

This meeting is designated as an Atheist/Agnostic meeting, however all who want to stop compulsive eating and/or compulsive food behaviors are welcome to participate. There are three primary concerns this meeting is meant to address:

* To carry the message to those who still suffer
* To provide a space and format for OA members to meditate together and support and strengthen our meditation practices
* To offer a meeting without religious and patriarchal language and be a safe place to share experience, strength, and hope that may be spiritual, but may not.

We are all welcome here: atheists, agnostics, spiritual, religious and questioning. This meeting’s script refrains from patriarchal and religious language. When reading, please feel free to substitute language of your choice for the words “he” and “God” if that is helpful to you. Our only wish is to assure suffering compulsive eaters that they can achieve abstinence with the support of Overeaters Anonymous without having to accept anyone else's beliefs or having to deny their own.

Overeaters Anonymous is a Fellowship of people who, through shared experience and mutual support, are recovering from compulsive eating. We welcome anyone 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.

**We would like to welcome the newcomer and people returning.** **Is anyone here for the first, second, or third time? Please introduce yourself by first name (and pronouns) so we may welcome you.**

**Is anyone available to stay after the meeting for a few minutes to speak to newcomers?**

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 trait.

The disciplines of this meeting are the following:

* Please do not park in the church parking lot. If your car is in the parking lot, please move it to street parking now.
* Beverages with closed lids are permitted, and spills must be cleaned up and reported to the Church Office Administrator immediately following the meeting. Eating is not permitted during the meeting.
* Please mute all phones
* Please refrain from cross talk

In addition to the traditional OA Twelve Steps, this meeting has a few different versions of the steps using secular language available. The person reading the steps will have a choice as to which will be read at the start of the meeting.

May we have a volunteer to read the Twelve Steps?

Overeaters’ Anonymous has a suggested list of tools available to help people with their recovery. These tools are explained in the OA pamphlet, *The Tools of Recovery* available at the literature table and online. The tools are a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service.

Would someone like to share, for up to two minutes, on a step, tradition, or tool you found useful to your recovery this week? Would someone volunteer to keep time?

This meeting is to practice the meditation aspect of Step Eleven, to improve our conscious contact with our awareness.

Some members have long-standing meditation practices and many do not. Depending on the makeup of each meeting, the amount of time we spend in silence may vary.

There are many different forms of meditation and we will be exploring and practicing different ways.

A gentle reminder for us all--the goal of meditation is not to be able to become a better person and it is not about having no thoughts while we sit. Even very practiced meditators still have thoughts arise. Our goal is to be able to have the thoughts and let them go, not to get hooked into and caught up in the story about the thoughts. It may be useful to think of our thoughts as clouds, and watch them, but not try to hold on to them.

Today we will be in silence for \_\_\_\_\_\_\_\_\_\_\_ minutes. When the chime sounds, we will remain in silence for an additional ten minutes to give ourselves the opportunity to write about what our experience was like. If there is time, we may be able to share with the group or neighbor.

At this point the leader explains the practice for the morning. **Note to leader: please keep your instructions simple and brief**.

After the time in silence, please reset the timer for nine minutes so people have time to begin finishing their thoughts.

We will now pass the bag for the Seventh Tradition. According to the Seventh Tradition, we are self-supporting through our own contributions. Rent for this meeting is $50/month. Other expenses include literature and photocopying phone lists, etc. Business meetings are held on the last Thursday during even-numbered months (February, April, June, August, October, December). All are welcome and encouraged

to attend.

If you would like to be included on the phone list, please add your name to the sheet available in the literature bag. The phone list will be updated every 4-6 months.

Are there any OA announcements or a secretary’s report?

Now is the time for sharing. A pitch is an experience that has helped us grow or has given us a new level of awareness. You may share on what your experience was like today, or how the program is working in your life. Please limit your pitch to three minutes so we may have as many people to share as possible.

At this meeting, we ask that people refrain from crosstalk. We define crosstalk as speaking directly to an individual, rather than the group; interrupting; advice-giving; and, commenting directly on what someone else has shared.

Will the timekeeper please reintroduce yourself?

I will pick the first person, then that person will choose the next, and so on. Pitching ends at 8:25.

I would like to thank all of your for coming and participating in this meeting. The opinions expressed here are strictly of the person who shared them. Take what you like and leave the rest. Please remember our cherished tradition of anonymity. What you hear here, whom you see here, when you leave here, let it stay here. Newcomers, we recommend you attend at least six different OA meetings to see if this is the right program for you.

Please make sure the room is put back in order before leaving. Will someone volunteer to turn the light out? Can we have a volunteer to arrive at 7:15 next Thursday to help set up the chairs?

We will end this meeting by reading the OA promise, I put my hand in yours….

“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.”

Any non-OA announcements?