

Wednesday Evening 10th Step Share/ 11th Step Meditation Script

Meeting Chair: text in regular black font, notes in bold pink

Screen Share Notes: notes in bold blue font.

Copy and Paste: notes in regular black font, highlighted in yellow

1. Welcome to the 10th Step Share/ 11th Step Meditation Meeting of Overeaters Anonymous. My name is _____, I am a(n) _____ (compulsive eater, anorexic, bulimic, etc.) and your host for this meeting. Please join me in opening the meeting with 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.”
2. This meeting reads briefly about Step 10 from various OA approved literature and then shares for a few minutes each. Please note that you are not required to share a 10th Step in this meeting. At 8:45pm we will read briefly about Step 11, again from various approved literature, then enjoy a 10 minute mindful guided meditation and end the meeting with the “We” version of the Serenity Prayer.
3. 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 eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

4. OA's Unity with Diversity Policy: As we extend the heart and hand of the OA Fellowship to those who still suffer, let us be mindful of OA's Unity with Diversity Policy, which respects our differences, yet unites us in the solution to our common problem. 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.

Screen Share: 12 steps and Tradition of the Month

6. May I please have a volunteer to read the 12 Steps, and the Tradition of the month, which will be shared on the screen?

7. 7th Tradition: Our 7th tradition states that we are fully self-supporting, declining outside contributions. This meeting is using the zoom space that belongs to the Daily "For Today8ET" meeting, so please send all donations to them. Spelled out, their website address is F - O - R - T - O - D - A - Y, the number 8, E - T, as in Eastern Time, all one-word, dot org, and the link will be provided in the chat.

8. Service: Any form of service helps reach a fellow sufferer and adds to the quality of our own recovery. If you would like to help with this meeting please contact Kim P.

9. The opinions expressed here today are those of individual OA members and do not represent OA as a whole. Please remember our commitment to honor each other's anonymity.

10. Information and Announcements: Our Group Conscience meetings are held quarterly, on the 1st Wednesdays of January, April, July, and October. Our Group Conscience meeting will begin promptly at 8pm and the regular meeting will start immediately after, and end at 9pm, as usual. Please check the chat as important information will be posted. The chat will be open until 8:45, during this time please limit your chat posting to contact information for outreach and/or sponsorship. The chat will close at 8:45 and entry to the meeting will also close at that time so as not to interrupt the meditation. - Are there any other OA related announcements? (allow time for others to unmute)

Screen Share: 10th Step Reading, your choice.

11. We will now read a 10th Step reading, which will be shared on the screen. Who would like to read about Step 10? **Please pause briefly ...Now, choose someone that has not recently read.**

12. Sharing: Would someone like to volunteer to be timekeeper this evening? **Pause and wait until someone volunteers to keep time... Also, determine how long each person can share by dividing the time left unit 8:45 by how many people are in the meeting, then _____ will say, "Gentle Reminder" after ___ minutes.** At that time, please acknowledge the timekeeper and promptly wrap up your thoughts. Phone participants, enter star 6 to mute and unmute, star 9 to raise your hand. Video participants, please raise your electronic hand to share. Feedback, crosstalk, and advice-giving is discouraged here. When referring to someone's share, please do not use their name.

Suggested Guidelines for Sharing: You are welcome to share a 10th Step, or share whatever is on your mind. As you share your experience and strength in OA, please also share your hope. Please confine your sharing to your experience with the disease of compulsive eating, the solution offered by OA, and your own recovery from the disease. If you are having difficulties, share how you use the program to deal with them, and if you need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting.

Who would like to share? **MUTE YOURSELF DURING SHARES. Please simply reply "Thank you for sharing" with no feedback (crosstalk) or commentary.**

Copy & Paste in Chat @ about 8:15 & 8:30:

Please go to fortoday8et.org to make a 7th Tradition contribution.

Online etiquette means we keep our video turned off if we are eating, smoking, or doing anything other than sitting and participating in this meeting so that we can minimize distraction.

This Zoom room is used for multiple meetings:

For Today Meditation Meeting - Daily 8AM

10th Step Share/ 11th Step Meditation – Wednesday 8pm

All times listed are Eastern Standard Time.

Screen Share: 11th Step Reading, your choice.

13. At 8:45pm - We will now read an 11th Step reading, which will be shared on the screen. Who would like to read about Step 11?

Please pause briefly ... Now, choose someone that has not recently read.

14. At this time we will enjoy a 10 minute guided meditation. Upon conclusion of the meditation we will peacefully say the “We” version of the Serenity Prayer and end the meeting.

Disable capability to unmute and change chat to host and co-host only.

At the conclusion of the meditation enable the unmute function in security and ask all to unmute.

Please join me in the “We” version of the Serenity Prayer.

Say the Serenity Prayer, then pause...

This concludes our meeting. Please join us next week!

If anyone would like to stay and chat you can make them host, or you can stay if you like. There is no obligation to stay after the meeting.