

## FOR TODAY 8AM MEDITATION MEETING SCRIPT

1/03/26 CK

Meeting Host Script: black font no background color

Screen Share Notes: green box

Copy and Paste: yellow box

Pre-Meeting Host: blue box

### BEFORE MEETING STARTS

(If this is your first time, it is recommended that you log on before 7:45AM EST)

- Check the SignUp Genius for today's service volunteers
- Click on Participant List bottom button and Claim Host
- Enter Host code (ask Service Coordinator for code)
- Go to Host Tools and enable Waiting Room by adding checkmark
- Disable Rename Themselves by removing checkmark
- Assign Co-Host to service volunteers and rename with position by clicking on the three dots next to their name on the Participant List
- At 7:59AM, click Mute All from the bottom button on the Participant List and mute

### SHARE AT 7:59 AM

Slide: *Welcome! We will begin after this moment of silence.*

- 1) Welcome to the For Today Meditation Meeting of Overeaters Anonymous. My name is \_\_\_\_\_, I am a(n) \_\_\_\_\_ (compulsive eater, anorexic, bulimic, etc.) and your Meeting Host for this meeting.

Slide: Serenity Prayer (The "I" version)

For those who care to, please unmute yourselves and 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."*

Now, kindly mute yourselves.

Disable Unmute in the host tools.

- 2) **Online Etiquette:** We ask you to keep your video turned off if you are eating, smoking, or doing other activities, so that we can minimize distraction.
- 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.

I need two volunteers to read the 12 Steps and the Tradition of the Month. I encourage anyone new to this meeting or who has not read recently to raise your virtual hand to read from the screen.

Slides: 12 Steps slide, then Tradition of the Month slide

**5) Service:** Any form of service helps reach a fellow sufferer and adds to the quality of our own recovery. Anyone interested in service, please contact Doreen whose information is in the chat.

### POST NOW AND AGAIN AT 8:30AM EST

If you would like more information about service, please contact Doreen at (201) 893-5085.

Go to our website at <https://fortoday8et.org> for information regarding:

- Newcomer's Packet
- How to Donate
- We Care List (member contact list)
- Group Conscience Meetings
- SignUp Genius for Service

For Today WhatsApp group:

<https://chat.whatsapp.com/KmRmCJsI1vF8bRZqA95R14>

or email Bill L: [milehighokie@yahoo.com](mailto:milehighokie@yahoo.com)

We are discussing the reading for **DATE** \_\_\_\_\_ from For Today

The chat will open at 8:45AM EST.

**6) Sponsorship:** Sponsors please include your contact information in the chat.

**7) 7th Tradition:** According to our 7<sup>th</sup> Tradition, we are self-supporting through our own contributions. The expenses for this meeting are the zoom room, website, newcomer packets and the ad free SignUp Genius account. The rest is sent to the OA World Service Office to help carry the message to other compulsive overeaters. We encourage OA members to give as much as they are able to help our group be self-supporting. Remember that making a regular donation is another form of service. You can make a donation via our website.

**8) Website:** Please visit our website to find information about our meetings, make donations for our 7<sup>th</sup> Tradition, sign up for service and add your name to the We Care List, which is our group contact list. The website address is [fortoday8et.org](http://fortoday8et.org). Spelled out it is F - O - R - T - O - D - A - Y, the numeral 8, E - T, as in Eastern Time, all one-word, dot org. The link is in the chat.

**9) Information and Announcements:** For security reasons, the ability to rename yourself has been disabled. Your last name and telephone number will be automatically removed. However, if you would like to have a different name shown, please private chat to **NAME**) \_\_\_\_\_ who is renaming today. Also, to further ensure anonymity, AI bots and note-taking apps are not permitted in this meeting.

The chat will open at 8:45AM, so that we can share contact information for outreach and/or sponsorship.

Are there any other OA related announcements?

**10) Today's reading is **DATE**) \_\_\_\_\_ in For Today.** The reading will be shown on the screen. If you are a newcomer or have not recently read, please raise your electronic hand. **VOLUNTEER READS.**

Go to the Chat and click the three dots at the upper right side. Then click "Host and cohosts."

Slide: Today's Reading with Optional Workbook Question.

Copy and paste the Optional Workbook Question in the Chat to Everyone several times during the meeting.

**a) MEDITATION MEETING ONLY:** Thank you. We will now have a 5-minute meditation on the reading which will remain on the screen. **MUTE YOURSELF AND START YOUR TIMER FOR 5 MINUTES**

**b) SPEAKER MEETING ONLY:** Thank you. We will now have a 15-minute share from our Speaker **NAME**) \_\_\_\_\_. How would you like your share to be timed? **MUTE YOURSELF AND START YOUR TIMER FOR 15 MINUTES.**

## 11) Our Suggested Guidelines for Sharing:

Now we will open the meeting to 2-minute shares. The timekeeper, who is **NAME** \_\_\_\_\_ will say, "Gentle reminder" after 2 minutes when your time is up. Please acknowledge the timekeeper and end your share.

Phone participants, enter star 6 to mute and unmute, star 9 to raise your hand. Video participants, click "Raise Hand" at the bottom of your screen or in the "More" menu. Feedback, crosstalk and advice-giving during shares and in the chat are discouraged here. Please do not directly comment on someone's share or refer to another member by name. If you would like to reach out to someone for encouragement or in gratitude, please chat them directly. If you have a concern about another member, please either contact your sponsor or the member directly. Similarly, if you have a concern about the meeting either contact your sponsor or submit an agenda item for the Group Conscience (GC) meeting.

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, rather than just the events of the day or week. If you are having difficulties, share how you use the program to deal with them. 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 on what was read? **SIMPLY REPLY "THANK YOU FOR SHARING" (NO FEEDBACK, CROSSTALK, OR COMMENTARY)**

### AT 8:44AM EST

Go to the Chat and click on 3 dots (upper right corner). Then click on Everyone and Anyone.

### AT 8:45AM EST

The chat is now open.

### AT 8:46AM EST

Available sponsors please put your contact information in the chat.

We are discussing the reading for **DATE**) \_\_\_\_\_ from "For Today."

## 12) Closing: takes about 2 minutes to close

Newcomers, we're glad you are here. This meeting is seven days a week, 365 days a year. Immediately after the close of this meeting, everyone is invited to our After-Meeting for additional fellowship. This is an informal time where For Today meeting regulars, meeting first timers, and OA newcomers have a chance to ask questions and get to know each other better in a relaxed setting. Please stay if you can. **NAME**) \_\_\_\_\_ is our After-Meeting Host today.

Under Host Tools, enable Unmute Themselves.

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.

Go to Participant List button with 3 dots and click on Ask All to Unmute

Slide: "A Word on Anonymity":

For those who care to, please unmute and join me for the following. First, a word on Anonymity:

*"Whom you see hear, what you hear here, when you leave here, let it stay here."*

Slide: "OA Responsibility Pledge"

And now for the OA Responsibility pledge:

*"Always to extend the hand and heart of OA, to all who share my compulsion, for this I am responsible."*

Slide: "Serenity Prayer" (We version)

And finally, please join me in the "we" version of the Serenity Prayer.

*"God, grant us the serenity to accept the things we cannot change, courage to change the things we can, and the wisdom to know the difference."*

**Before leaving the room, assign Host to the After Meeting Host.  
This will prevent the room from inadvertently being closed.**

**ONLY IF AN INTRUDER IS REMOVED - Make the following statement –** "The intruder has been removed. All are free to say the Sick Man's Prayer after the meeting on your own. It can be found on page 67 in the Alcoholics Anonymous Big Book"