

Sunday Morning Coffee and Recovery Meeting

Zoom Meeting – Every Sunday from 9:00 AM to 10:00 AM Eastern Time, 8:00 AM to 9:00 AM Central.

Zoom Meeting ID: 860 512 7192

Password: 7344665

Link: <https://zoom.us/j/8605127192>

Dial In: +1 929 205 6099

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Instructions on how to join

Topic: Sunday Coffee and Recovery Meeting

Dates: Every Sunday Morning

Time: 7:00 Mountain Time, 8:00 AM Central Time, 9:00 AM Eastern Time

Duration: 1 hour

To join the meeting, you can click the link below or dial in using the phone number below:
Zoom has changed its policy and is now requiring a meeting password.

The password is: 7344665

Join this Zoom meeting by clicking this link: <https://zoom.us/j/8605127192>

To dial in audio only on your phone: +1 929 205 6099 US

Meeting ID: 860 512 7192

I recommend you set up a calendar meeting to remember to join the meeting.

Computer Requirements

1. Computer with speaker, microphone, and video camera
2. Processor: Minimum Single Core 1Ghz or Higher, 2GB Ram
3. Bandwidth: Minimum 600kbps/1.2Mbps (up/down) for high quality video
4. Windows XP or better or Mac OS X with MacOS 10.7 or later
5. Windows: IE7+, Firefox, Chrome, Safari5+

To join the meeting click the link above and follow the instructions. You may need to download a Windows or Mac app that will assist in connecting to the meeting.

If you are prompted to enter the meeting ID use the one listed above.

You may also be prompted to start the meeting: Click the start with Video button.

Sometimes when you start the meeting your audio may be disconnected. If you look in the lower left-hand corner there will be button with a microphone. If this button has a red line through it then your audio has been disabled. Click the button to enable it.

You can also join the meeting using your Smart Phone. Just download and install the Zoom Cloud Conferencing App on to your phone and then join the meeting using the meeting ID list above.

Meeting Format

[Please don't read out loud anything in square brackets. These are instructions for you.

Before the meeting starts open up both the participants window and chat window.

Before the meeting starts find three volunteers:

1. *One person to read the 12 steps (found on page 8. Remind the meeting host to share the 12 steps reading on the screen. These are 12 steps from the end of "Our Invitation to You".*
2. *One person for Today's "For Today" Reading*
3. *One person to be the timer]*

1.	<p>Welcome to the Sunday Morning Coffee and Recovery Meeting of Overeaters Anonymous.</p> <p>My name is _____. I am a compulsive eater and your Chairperson for this meeting.</p>
2.	<p>After a moment of silence please join me in the Serenity Prayer: <i>God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.</i></p> <p><i>[After we say the Serenity Prayer, the Meeting Host will mute everybody. Please wait till you are unmuted before continuing.]</i></p>
3.	<p>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 trait.</p>
4.	<p>Background noises are very distracting. To avoid interruptions, we ask that you keep yourself muted during this meeting except when you are sharing or reading. You can mute and unmute yourself by clicking or tapping the microphone at the bottom of your screen. For those of you who dialed in you can mute and unmute yourself using *6.</p> <p>If we are reading literature, if you would like to volunteer to read, please do so by raising your hand. On a desktop or Laptop, you can raise your hand using the raise hand button at the bottom of the participant window. If you dialed in, then you can raise your hand by using *9. If you are on a mobile device or tablet you can find the raise hand in the More button</p> <p>If at any point you would like to share, just unmute yourself when the chairperson for this meeting invites you to share and say, "I'd like to Share".</p>

5.	<p>If there is anyone here for the first time, we welcome you. <i>[invite newcomers to introduce themselves by unmuting]</i></p>
6.	<p>At this meeting we have a contact list which is maintained by one of our members. If you would like to make calls using our contact list, please make a request using the chat and listing your email address. The contact list will be emailed to you. If you would like to be included on the contact list please, indicate that in the chat, including your contact information. Please indicate if you are willing to take phone calls, text, email, get someone started, or sponsor. You can open the chat window using the chat button at the bottom of the window. On some phones and pads you have to tap the “More” button to find the chat option.</p> <p>You can also use the chat to ask the meeting chairperson a question or send a private message to anybody else in the meeting.</p> <p>If you are new to OA and you have questions or concerns, please wait to the end of this meeting. The meeting Chairperson and Hosts will stay after the meeting to talk to you.</p>
7.	<p>Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating.</p> <p>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.</p> <p>OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues.</p> <p>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.</p>

8.	<p>Abstinence and Recovery in Overeaters Anonymous defined as follows:</p> <ol style="list-style-type: none"> 1. Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. 2. Recovery: Removal of the need to engage in compulsive eating behaviors. <p>Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program. <i>(Business Conference Policy Manual, 1988b [amended 2019])</i></p>
9.	I have asked _____ to read the 12 steps of Overeaters Anonymous.
10.	Are there any announcements for the good of OA?
11.	<p>According to our Seventh Tradition, we are self-supporting through our own contributions. Expenses are for the Zoom Session. We send regular contributions to Region 5 and the World Service Office to help carry the message to other compulsive overeaters. Give as if your life depends on it! We encourage OA members to give as much as they are able, to help our group be self-supporting. Seventh Tradition is collected by PayPal me.</p> <p>The link and description on how to submit a seventh tradition is on the Meeting Region 5 Website under the calendar entry in our meeting format.</p> <p>The meeting host will also post the link for the Seventh Tradition in the chat window.</p>
12.	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.
13.	We ask everyone to respect our group conscience. This meeting has decided that the chair for each meeting has the discretion to suggest to anyone sharing that he or she is off topic or is speaking too long. This meeting asks you to accept this suggestion in order to keep the meeting on track.

14.	<p>When we share, we ask that you keep within the agreed limit of 3 minutes.</p> <p>I have asked _____ to be the timer. Please unmute yourself and when the speakers time is up. Please just say the word “time”.</p>
15.	<p><u>Today’s “For Today” Reading</u></p> <p>Today we are first reading from “For Today” Page _____ Date _____ . I have asked _____ to read today’s reading.</p> <p><i>[Typically, we don’t share on this reading but if the reader really wants to share then it’s we let them.]</i></p>
16.	<p>As a reminder, to prevent distractions to the person speaking, please mute yourself during this meeting, unmuting only when you are sharing or reading.</p> <p>You can communicate with the meeting chairperson by chat if you have a question or requests. You can open the chat box with a button in the toolbar at the bottom of your zoom screen.</p>
17.	<p><u>Weekly Topic</u></p> <p>We read from different OA literature each week focused on the step of the month. When we are reading from literature, we will each take turns reading 1 to 3 paragraphs, and then sharing on what was read. We will pause between readers to see if anybody else would like to share.</p> <ol style="list-style-type: none"> 1. On the first week of the month, we read and discuss the step of the month from the OA Twelve Steps and Twelve Traditions second edition. 2. On the second week of the month, we read and discuss the principle of the month using the Voices of Recovery and For Today. The principle is the step principle found at the start of each step in the OA Twelve Steps and Twelve Traditions second edition. 3. On the third week of the month, we will review the parts of the AA Big Book that correspond with the step of the month. The readings are listed after this format. <p><i>[Please refer to list on page 10]</i></p>

<p>17.</p>	<p>4. On fourth week of the month, we will have a lead. The lead will have <u>30</u> minutes to share their story and on the step of the month. The timer will let the lead know when they are getting within <u>5</u> minutes of the time to stop by saying “5-minutes”. After the lead is done, we will open the floor for 3-minute shares.</p> <p>5. If there is a fifth week, then we will have a discussion on an agreed topic. What would you like to discuss today?</p>
<p>16.</p>	<p>Closing <i>[close the meeting around 3 to 2 minutes before 10 AM eastern 9 AM Central]</i> By following the Twelve Steps, attending meetings regularly, and using the OA Tools, we are changing our lives.</p> <p>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. Whom you see here, what you hear here, when you leave here, let it stay here. Let us all reach out by phone or email to newcomers, returning members, and each other. Together we get better.</p> <p>We have been using the chat window during this meeting to post contact information. We have posted important links, such the link for the meeting 7th tradition. If you would like to save the chat, go to the bottom of the chat window and find the 3-dot ellipsis (...). Click that, then the save the chat option. The chat will be saved as a text file in your My Documents / Zoom folder or in your Files area of your device.</p>
<p>17.</p>	<p>Thank you for letting me be your chairperson for this meeting. Being the meeting Chairperson has been a great experience. We need a chairperson for next week. If you would like to chair this meeting, now is the time to volunteer to give some awesome service for this recovery meeting. You can find the meeting format in the event calendar in Region5OA.org under the event for this meeting.</p> <p>Who will be the meeting Chairperson for next week? <i>[wait for someone to volunteer]</i></p>

18.	After a moment of silence, will those of you who wish, please join us in _____. <i>[Select one of the following suggested closings: Serenity Prayer, Third Step Prayer, or the OA Promise 'I put my hand in yours....']</i>
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Prayers

Serenity Prayer

God, grant me the serenity to accept the things I cannot change,
The courage to change the things I can,
And wisdom to know the difference.

Third Step Prayer

God, I offer myself to Thee — to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!

Seventh Step Prayer

My Creator, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows. Grant me strength, as I go out from here to do Your bidding.

The OA Promise

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.

12 steps of Overeaters Anonymous

Here are the Steps as adapted for Overeaters Anonymous:

1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone anymore. Welcome to Overeaters Anonymous. Welcome home

Big Book Readings

- Step 1: Chapter 3 "More about Alcoholism" Pages 30-43
- Step 2: Chapter 4 "We Agnostics" Pages 44-57
Chapter 2 "There is a Solution" Pages 17-29
- Step 3: Chapter 5 "How it Works" Pages 58 -63
Appendices II "Spiritual Experience" Pages 567-568
- Step 4: Chapter 5 "How it Works" Pages 63-71
Beginning with "Next we launched"
- Step 5: Chapter 6 "Into Action" Page 72-75
"The Man who mastered Fear" Pages 246-257
- Step 6: Chapter 6 "Into Action" Page 75-76
Beginning with "Returning home..." Through "...us be willing"
"Flooded with feeling" Pages 369-374
- Step 7: Chapter 6 "Into Action" Page 76
Beginning with "if we can answer..." Through "...completed Step Seven."
"The housewife that drank at home" Pages 295-300
- Step 8: Chapter 6 "Into Action" Page 76
Beginning with "Now we need..." Through "...victory over alcohol."
"Freedom from bondage" Pages 544-552
- Step 9: Chapter 6 "Into Action" Pages 76-84
Beginning with "Now we need..." Through "...work for them."
- Step 10: Chapter 6 "Into Action" Pages 84-85
Beginning with "This thought..." Through "...fit spiritual condition"
"It might have been worse" Pages 348-358
- Step 11: Chapter 6 "Into Action" Pages 85-88
Beginning with "It is easy..."
"Winner takes all" Pages 375- 381
- Step 12: Chapter 7 "Working with Others" Pages 89-103
"Acceptance was the answer" Pages 407-420

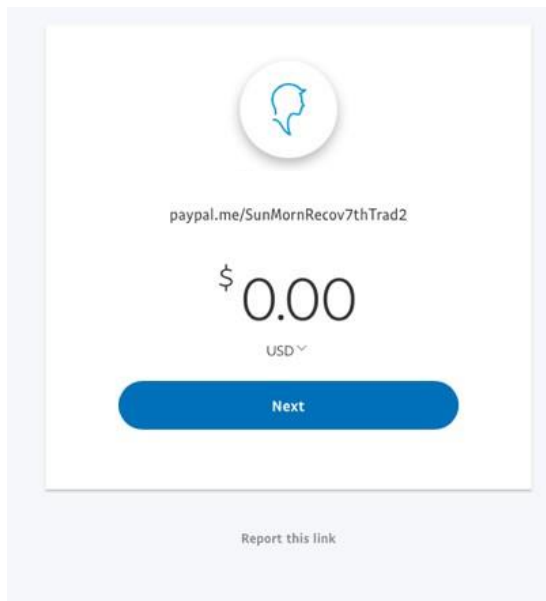
Seventh Tradition Instructions

The meeting's Seventh Tradition will be collected using the following PayPal.Me link:

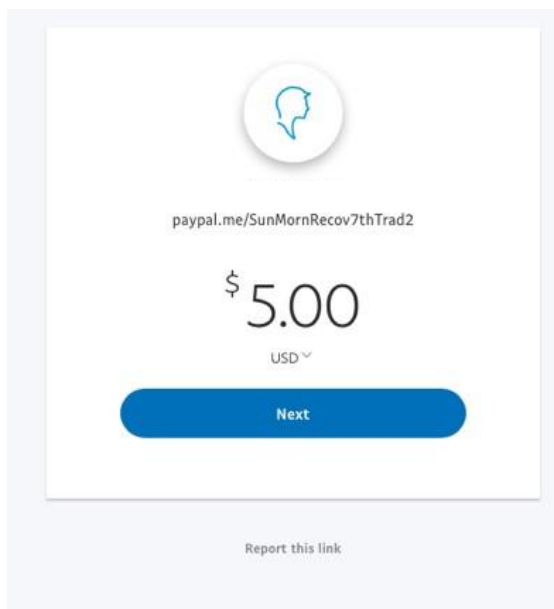
https://paypal.me/SunMornRecov7thTrad2?locale.x=en_US

Instructions:

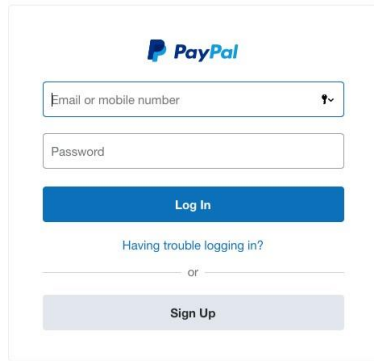
1. Click on or copy into your browser the PayPal.Me link you've been sent (link above), you will see a screen that looks like this.



2. Type the amount you'd like to send and click the blue next button.

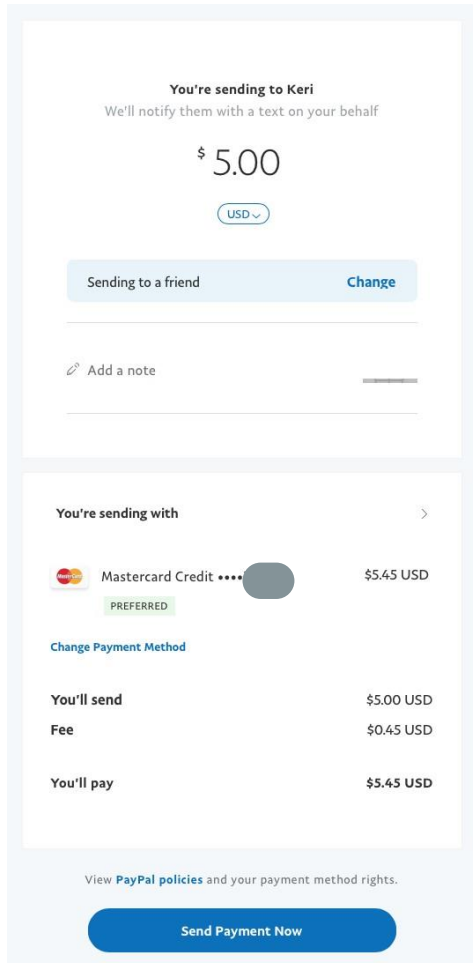


3. Sign-in to your account. If you don't have a PayPal account, they'll help you create one. Signup is fast and free.



The image shows the PayPal login and sign up interface. At the top is the PayPal logo. Below it is a text input field for "Email or mobile number" with a dropdown arrow on the right. Underneath is a "Password" input field. A blue "Log In" button is centered below the password field. Below the button is the text "Having trouble logging in?" followed by "or". At the bottom is a grey "Sign Up" button.

4. Choose how you would like to pay. You can send money from your PayPal balance or bank account or choose your preferred debit or credit card. Enter in all of your payment information and hit the blue Send Payment Now button.

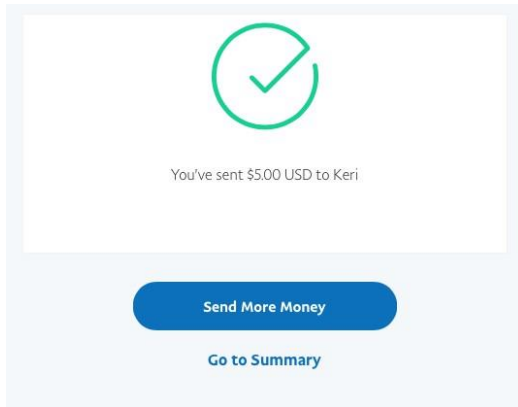


The image shows the PayPal payment confirmation screen. At the top, it says "You're sending to Keri" and "We'll notify them with a text on your behalf". The amount is "\$ 5.00" with a "USD" dropdown menu below it. Below the amount is a button that says "Sending to a friend" and "Change". Underneath is a section for "Add a note" with a pencil icon and a text input field. Below that is a section titled "You're sending with" with a right arrow. It shows a "Mastercard Credit" card with a "PREFERRED" label and a balance of "\$5.45 USD". Below this is a "Change Payment Method" link. At the bottom, there is a summary table:

You'll send	\$5.00 USD
Fee	\$0.45 USD
You'll pay	\$5.45 USD

Below the table is a link to "View PayPal policies and your payment method rights." and a large blue "Send Payment Now" button.

5. You will receive notice of payment that looks like this.



6. The Meeting's Treasurer will send the collected Seventh Tradition money to Region 5 and World Service (at a 50/50 split) once per Quarter. The Treasurer will supply a Treasurer's Report to all of the regular meeting members via email once a month.
7. Email any questions to the current Treasurer at kerieOA@yahoo.com.

FAQs:

What is PayPal.Me?

PayPal.Me is a faster, easier way to get paid online, through PayPal. The meeting just shares our PayPal.Me link, listed above, and then attendees can send their Seventh Tradition money online whenever it is convenient. We are suggesting that attendees give the suggested \$5.00 per meeting that WSO is now recommending.

How do I send money using PayPal.Me?

Just follow the instructions listed above.

Can I cancel a payment?

You only can cancel payments that have a status of "Unclaimed." If the payment is completed, you won't be able to cancel it yourself since your recipient has already received the money. You can reverse a completed payment by contacting your recipient and asking for a refund.

What is the "PayPal Purchase Protection" checkbox for?

If you're buying something or paying for a service, check the box to get eligible items covered by [PayPal Purchase Protection](#). Uncheck if you're sending a friends and family payment (they're not covered by [PayPal Purchase Protection](#)).

What are the fees for sending money?

It's free to send money to friends and family in the US when you use your PayPal balance or bank account. If you use your credit or debit card, the fee is 2.9% + \$0.30. Sending money to pay for goods or service is free. The recipient pays [a small fee](#).