

# **Tuesday OA in Action**

## **Trusted Servant Zoom Meeting Script**

**Taken from the Overeaters Anonymous online suggested program format**

***Note to the Trusted Servant:***

***Look in the [spreadsheet of volunteers](#) and make a list of readings and who has volunteered to read them. Please read the script as written.***

***Host/cohost - will keep participants muted***

Welcome to the Tuesday night meeting of Overeaters Anonymous. We are a group of fellows that are powerless over abnormal behaviors around food, including compulsive eating, chronic dieting, bulimia, or anorexia. Our meeting goes until 8:30 central time. Wherever you are on your recovery journey you are welcome here.

My name is \_\_\_\_\_. I am a gratefully recovering \_\_\_\_\_  
*(leader declares: compulsive eater, chronic dieter, volume binger, bulimic or anorexic)* and your leader for this meeting.

Please mute yourself and abstain from handwork, texting or emailing so that we can keep our focus on the meeting without interruptions to ourselves or others. If you are speaking tonight, please speak loudly so that all can hear.

***Set timer for 2 minutes***

Now let's join together for two minutes of silence to release our busy day.

***Pause for two minutes.***

Will those who wish, please join me in the Serenity Prayer:

***“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.”***

***The trusted servant now reads the following:***

**1. *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.”

## 2. *What is OA in Action?*

***The trusted servant names the person listed in the spreadsheet who has volunteered or asks for a volunteer.***

The OA in Action program format was designed so that we may grow on all three levels, physically, emotionally, and spiritually. Our abstinence is clearly defined for those of us who have crossed the line and need help in refraining from abnormal behaviors around food. Many of us have tried to define our own food plans with little success, we have tried doctors, counselors, and religious leaders to no avail. While these experts can guide us in many areas, there is no guidance better than that given from one who has been in the bondage of food addiction and found recovery.

The twelve steps are used as a guide for daily living and we find that reading the OA approved literature provides us with proof that recovery is possible and helps us find the strength to abstain from our compulsive behaviors around food and give hope to those who still suffer.

Our hope is that you will take our hand and walk the recovery path with us. If you join us, you too will be able to find the experience, strength, and hope for a life beyond your wildest dreams.

***The trusted servant reads the following:***

### 3. **Is there anyone here for a first, second, or third time?** If so, would you unmute and tell us your first name so we can welcome you?

***Welcome each person by name. Then read if any new people:***

There will be an OAIA information session available at the end of this meeting. If you are new, you may put your name and phone number in the chat, so we can reach out to you.

#### 4. “Our Invitation to You”

***READ ONLY IF THERE ARE NEWCOMERS*** *The trusted servant names the person listed in the spreadsheet who has volunteered or asks for a volunteer./*

“We of Overeaters Anonymous have made a discovery. At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health, and self-confidence, which some of us had once possessed, were no defense against it.

We have learned that the reasons for the illness are unimportant. What deserves the attention of the still-suffering compulsive overeater is this: There is a proven, workable method by which we can arrest our illness.

The OA recovery program is patterned after that of Alcoholics Anonymous. As our personal stories attest, the Twelve-Step program of recovery works as well for compulsive overeaters as it does for alcoholics.

Can we guarantee you this recovery? The answer is up to you. If you will honestly face the truth about yourself and the illness; if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life, and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover.

To remedy the emotional, physical, and spiritual illness of compulsive eating we offer several suggestions, but keep in mind that the basis of the program is spiritual, as evidenced by the Twelve Steps.

We are not a “diet” club. We do not endorse any particular plan of eating. In OA, abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Once we become abstinent, the preoccupation with food diminishes and in many cases leaves us entirely. We then find that, to deal with our inner turmoil, we have to have a new way of thinking, of acting on life rather than reacting to it—in essence, a new way of living.

From this vantage point, we begin the Twelve Step program of recovery, moving beyond the food and the emotional havoc to a fuller living experience. As a result of practicing the Steps, the symptoms of compulsive eating and compulsive food behaviors are removed on a

daily basis, achieved through the process of surrendering to something greater than ourselves; the more total our surrender, the more fully realized our freedom from food obsession.”

***The trusted servant reads the following:***

**5. I will read the 12 steps as written. Please feel free to substitute the words you use for your higher power.**

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.

*Permission to use the Twelve Steps of Alcoholics Anonymous Twelve Traditions for adaptation granted by AA World Services, Inc.*

***To be read by the trusted servant only, not by the group:***

“But I’m too weak. I’ll never make it!” Don’t worry, we have all thought and said the same thing. The amazing secret to the success of this program is just that: weakness. It is weakness, not strength, that binds us to each other and to a Higher Power and somehow gives us the ability to do what we cannot do alone.

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!

**6. Now we will read the Tradition of the month together.**

- January** 1. Our common welfare should come first; personal recovery depends upon OA unity.
- February** 2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
- March** 3. The only requirement for OA membership is a desire to stop eating compulsively.
- April** 4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
- May** 5. Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.
- June** 6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
- July** 7. Every OA group ought to be fully self-supporting, declining outside contributions.
- August** 8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
- September** 9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

- October** 10. Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.
- November** 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
- December** 12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

## **7. OA's STATEMENT ON ABSTINENCE AND RECOVERY:**

“Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is achieved through living and working the Overeaters Anonymous Twelve-Step program.”

OA in Action abstinence is defined as:

1. We follow a food plan from OA Dignity of Choice, a health-care professional, or nutritionist.
2. We commit our food daily to our sponsor and report any food changes to our sponsor by the following day. We weigh and measure our food at home for the first 90 days, then work with our sponsor to determine if we continue weighing and measuring. We do not have to weigh and measure when eating out, but commit our food to our sponsor.
3. We refrain from sugar in food and beverages when listed in the first four ingredients, or when listed earlier, it must be 2 grams of sugar or less in the nutrition facts label. We do not drink alcohol.
4. We read and write daily and share our writing with our sponsor.
5. We build a support system by contacting at least one other program fellow daily to share your thoughts or concerns, so that when a problem arises you have a circle of support to trust with these issues.

## 8. Gifts of Recovery

*The trusted servant will call on each person in the meeting in groups of 3 by their first name or the last four digits of their phone number. The order of people on your screen may change as people speak, so it might be best to make a list on a piece of paper or a separate document and check off the names as they speak. If you feel comfortable you may call on 3 people at a time to help them prepare. Leader goes first.*

When I call your name or say the last four digits of your phone number, you may state your name or say “pass.” In addition you may say your abstinence date, weight lost or gained, and your gifts of recovery.

We ask that you please limit your comments to half a minute so we have time for everyone to share. There is no required length of abstinence to participate in the gifts of recovery. **Our timer will announce when 1 minute is up.**

## 9. Celebrations *ask the member who is Celebrations presenter:*

Medallions in our group are given for 2 reasons. If you choose to take a virtual medallion, you have a minute to share.

The 1<sup>st</sup> medallion is given for length of abstinence. We give medallions for 1 month, 2 months, 3 months, 6 months, 9 months, 1 year, 18 months, also each year after that. Would anyone like an abstinence medallion tonight?

*(Chips designating length of abstinence are offered)  
30, 60, or 90 days, 6 months, 9 months 1 year, 18 months, or more*

The 2<sup>nd</sup> medallion is the medallion of desire. This medallion is for those who are new to the program or who would like to recommit. If you are new you may want to keep a medallion with you to remind you that you are not alone. Would anyone like to get a medallion of desire?

*(Chips with “and together we can do” are offered)*



## 10. The Tools of Recovery

*Look in the spreadsheet to determine who has signed up for each tool and make a list for yourself. If there are any tools that do not have volunteers, ask for a volunteer and write it on a list for yourself. (The first paragraph of each is the OA verbiage for tools is from *The Tools of Recovery abridged except for service which is from the Tools of Recovery Pamphlet*).*

We encourage you to work with us to use all of the OA tools of recovery:

“The OA tools of recovery help us work the Steps and refrain from compulsive overeating. The nine tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service. We use tools to help us achieve and maintain abstinence and recover from our disease. We have found we cannot abstain from compulsive eating unless we use all of OA’s nine tools of recovery and practice the Twelve Steps and Twelve Traditions to the best of our ability.”

If you signed up for a tool, please read the tool and if you choose, share your experience on the tool up to **1 minute**. **The timer will let you know when your time is up.**

### 1. Plan of Eating. *Read the name of the person who signed up for the tool.*

“As a Tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where, and why we eat. (See the pamphlet A New Plan of Eating for more information.) This Tool helps us deal with the physical aspects of our disease and achieve physical recovery.”

In OA in Action we use a food plan from the OA Dignity of Choice or a health-care professional. A food plan specifies the amounts of protein, starch, vegetables, fruit, and fat that our body needs every day. It does not include sugar, alcohol, and our binge or trigger foods. We do this to ensure that we are eating the amounts of food in our food plan and using food as fuel, not to medicate our feelings.

## 2. Sponsorship. *Read the name of the person who signed up for the tool.*

“We ask a sponsor to help us through all three levels of our program of recovery: physical, emotional, and spiritual. Find a sponsor who has what you want and ask that person how they are achieving it.”

An OA in Action member may work with more than one sponsor at a time and change sponsors at will. OA in Action sponsors have at least 30 days of OA in Action abstinence and have worked the first three steps.

A sponsor does the following:

- reads the OA in Action sponsor guidelines,
- teaches their sponsee OA in Action abstinence guidelines,
- receives their sponsee’s food plan and daily committed food,
- gives and receives OA in Action daily writing assignments.

Sponsors should not share the names of those they sponsor or details of their conversations that might break their sponsee’s anonymity.

### ***After the sponsorship reading say:***

Will all sponsors with a minimum of 30 days of abstinence and (who) have worked through the first three steps willing to help get a newcomer started for a week or have a sponsee opening, please say your name?

## 3. Meetings. *Read the name of the person who signed up for the tool.*

“Meetings give us an opportunity to identify our common problem, confirm our common solution, and share the gifts we receive through this Twelve Step program. In addition to face-to-face meetings, OA offers telephone and other types of virtual meetings that are useful in breaking through the deadly isolation caused by distance, illness, or physical challenges.”

OA in Action members participate in at least one in person, phone or virtual/online meeting a week.

4. Telephone. *Read the name of the person who signed up for the tool.*

“Many members call, text, or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.”

In addition to connecting with our sponsor daily, OA in Action members contact at least one other member in recovery to build a circle of support. We suggest you reach out to a variety of program fellows and make more than one phone call, text, or email a day to reduce your isolation. Remember to call those we have missed at our meeting. Together, we are all stronger.

If you are not on our phone list and you wish to receive calls throughout the week, please put your phone number in the Zoom chat to everyone, so we can call you. Please take phone numbers from the chat so you can call newcomers.

*After the telephone reading say:*

Will all committing to making one phone call, text, or email a day to a fellow OA member please raise your hand.

5. Writing. *Read the name of the person who signed up for the tool.*

“Putting our thoughts and feelings down on paper, or describing a troubling or joyous incident, helps us better understand our actions and reactions in a way that is often not revealed by simply thinking or talking about them.”

OA in Action members initially use the OA in Action writing assignments from the OA Brown Book and OA Twelve Steps and Twelve Traditions. After completing the questions, we continue writing on OA approved literature as suggested by our sponsor.

Examples of writing include: journaling, good-bye letters, letters to our Higher Power, amend letters, action plans, 4th Step Inventory, and the Just for Today workbook.

6. Literature. *Read the name of the person who signed up for the tool.*

“We read OA-approved literature, which includes numerous books, study guides, pamphlets, wallet cards, and selected Alcoholics Anonymous texts. All this material provides insight into our disease and the experience, strength, and hope that there is a solution for us.”

OA in Action members start their recovery with the OA in Action questions from the OA Brown Book and The Twelve Steps and Twelve Traditions of Overeaters Anonymous. We continue to read other OA approved literature as suggested by our sponsor.

7. Action Plan. *Read the name of the person who signed up for the tool.*

“Creating an action plan is the process of identifying and implementing attainable actions to support our individual abstinence and emotional, spiritual, and physical recovery. This Tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.”

OA in Action examples include:

- creating an exercise plan,
- addressing physical and mental health issues,
- balancing work and home life,
- interacting with others, and
- caring for self.

We are ever mindful of cross-addicting to other behaviors such as codependency, excessive exercise, shopping, gambling, working at our jobs in excess, or other behaviors that keep us from spiritual and emotional recovery.

8. Anonymity. *Read the name of the person who signed up for the tool.*

“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities (Tradition Twelve). Anonymity assures us that only we, as individual OA members, have the right to make our membership known to others. Anonymity at the level of press, radio, films, television, and other public media of communication means that we never allow our faces or last names to be used once we identify ourselves as OA members (Tradition Eleven).

Within the Fellowship, anonymity means that whatever we share with another OA member will be respected and kept confidential. What we hear at meetings should remain there.”

**9. Service.** *Read the name of the person who signed up for the tool.*

“Carrying the message to the compulsive over-eater who still suffers is the basic purpose of our Fellowship, therefore, it is the most fundamental form of service. Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery. Members who meet specified requirements can give service beyond the group level by serving at the intergroup, service board, region, or world service level.

As OA’s Responsibility Pledge states: “Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”

OA in Action members serve our fellows when we maintain our abstinence, practice recovery, go to meetings, contact our fellows, and welcome newcomers by offering our support as we travel this road together.

*Read the name of the person who signed up for the tool.*

**11. The Promises** *(from page 83–84 of the Big Book, Alcoholics Anonymous)*

“If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.”

*The trusted servant reads the following:*

**12. Seventh Tradition**

“According to our Seventh Tradition, we are self-supporting through our own contributions. We send monthly contributions to our intergroup or service board, World Service

Office, and region 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. The suggested donation is \$3.00 per week or more.”

As we continue to meet over Zoom, please consider mailing in a monthly donation to our Treasurer, or you can donate via Zelle. You can find our Treasurer’s mailing address and the Zelle instructions at the bottom of our weekly email and in the chat for this meeting.

### **13. Treasurer’s Report**

**14. Announcements** (remind that there are open service positions) And request to sign up ahead for reading and speakers. Any other.

### **15. Speaker:**

The speaker has given us permission to record (audio only) their share tonight. This recording will be posted on our website under “Meetings” If you see a message about this from zoom, be assured, this recording will only include the voice of the speaker for their 20 min share.

Our speaker tonight is \_\_\_\_\_, he/she/they will speak for 20 minutes on \_\_\_\_\_.

*1st meeting of the month = step*

*2nd meeting of the month = personal recovery story*

*3rd meeting of the month= tradition*

*4th meeting of the month = promise*

*5th meeting of the month = special focus panel*

***Please ask the speaker to put their name and phone number in the chat.***

***The trusted servant reads the following:***

We thank you \_\_\_\_\_, for sharing your experience, strength and hope.

***The trusted servant check the time, if there is enough time:***

***Would anyone like to have a newcomer information session?***

***If yes read the following paragraph***

***If no skip***

At this time you have the option to share, or go to a breakout room with information for newcomers.. The newcomer breakout will be led by \_\_\_\_\_

**Shares:** We now have \_\_\_ minutes left for shares. *If <5 minutes remains, proceed to Closing*

We ask you to share your experience, strength, and hope. One person at a time will have 1 minute to share.

If you have specific questions, you are encouraged to discuss these one-on-one before or after meetings or during your daily outreach calls.

### **Closing**

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.

'What you hear here, whom you see 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.

Thank you for allowing me to be your trusted servant leading the meeting today. Will you please join us in our circle of love and service while reading "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."*

**Rozanne S.**

***Host creates a break out room and manually moves the newcomers and newcomer group leader to a breakout room. Everyone else stays in the main room.***

***Host gives over hosting to newcomer group leader who stays on until it is finished to end the meeting for all.***