

NJIOA Overeaters Anonymous Meeting

Relapse to Recovery

Thursday Evenings 7:30-8:30 p.m. ET

LEADER: Please assign the following 3 readings prior to the meeting, or as people enter the zoom meeting room:

1. "Unity with Diversity Policy"
2. "The 12 Steps"
3. "Tradition of the month."

Please start meeting promptly at 7:30 p.m.

Welcome to the Relapse to Recovery Thursday evening meeting of Overeaters Anonymous. My name is _____ I am a compulsive overeater and relapse survivor and the leader for this meeting. We open our meeting with the Serenity Prayer. Everyone may unmute and join me.

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

You may mute yourselves again. Thank you. Press STAR SIX to mute and unmute if you're on the phone.

Would _____ please read the OA Unity with Diversity Policy.

"THE FELLOWSHIP of Overeaters Anonymous encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute. We welcome all who share our compulsion. Everyone with the desire to stop eating compulsively is welcome in Overeaters Anonymous."

This meeting is designed to support members returning from relapse. Whatever problem you may have with food, you are welcome at this meeting. We offer you the gift of acceptance and applaud your decision to be here. We hope you will find some small bits of inspiration to help you regroup, reset, and to keep going. Recovery is about progress, not perfection.

Anyone can start again today. We recharge, re-focus and recommit as many times as we need to. As many times as it takes.

Let us all remember; the relapse doesn't matter. What really matters is the re-start. As you find the willingness to start again, we encourage you to hold on to the hope that brought you here tonight. You are here, as long as you press forward, anything is possible.

Now we'd like to welcome anyone at this meeting tonight for the first or second time.

Whether or not you said hello, we warmly welcome everyone who is here tonight. Please put your name and phone number in the chat and/or under your zoom picture. Sponsors, please indicate your availability in the chat, or whether you could get someone started.

If anyone wants to get started in program tonight, we are about to introduce sponsors. Take down names and phone numbers. Please stay after the meeting if you wish and someone here tonight will help you begin. Would all sponsors please raise your hand and tell us your name, and length of your OA recovery? Please also let us know if you are a relapse survivor.

Will the next volunteer please read the "12 Steps of OA".

Thank you. Will the next volunteer please read the tradition of the month. This month is _____ so we will be reading Tradition ____.

Tradition 7 states that "every OA group ought to be fully self-supporting, declining outside contributions." Money collected from members in this group is used to support Intergroup, Region and OA World Service. It's easy to donate to our intergroup at NJIOA.ORG. We'll put donation instructions in the chat. Please mark your donation as "Relapse to Recovery Meeting"

Tradition 12 reminds us that "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities." Please respect other members' privacy by making sure that no one can see or hear other fellows except yourself. Thank you.

Our We Care List service person will post a link to our meeting's phone list in the chat. You may edit it yourself and add your name and telephone, or you may ask in the chat to be added by our service person.

Is there a brief Secretary's Report tonight?

This is a topic and discussion meeting. You may share as many times as you wish. Feel free to ask us questions about our program. We'll do our best to answer them. Or stay after the meeting and ask questions then.

Leader: now choose the opening topic either from the questions below or a topic of your choice. You may also pick a reading from OA/AA Literature. If there are no more shares on a given topic or question the leader should introduce another question or topic.

On the last Thursday of the Month Only:

Our meeting format includes a guest speaker on the last Thursday of the month. Tonight we are grateful to have _____ here to share her experience, strength and hope. He/she is a relapse survivor as well. The speaker will qualify for 20 minutes and then we will open the meeting for sharing.

(Thank the speaker when he/she is done and ask if he/she has a topic, or you pick a topic for sharing)

There is a 2-minute limit on each share, and we will say "gentle reminder" when your time is up. Is there a timer on the meeting tonight?

Please use the virtual hand raise and we will call on you. If you are on the phone, press STAR NINE to raise and lower your virtual hand. Press STAR SIX to mute and unmute. If you cannot raise your virtual hand, please wave. If you can't get my attention, please un-mute and let me know you wish to share. We don't want to miss anyone. And remember, please, we welcome questions on any topic at any time during the meeting.

Suggested questions for discussion:

- Why is abstinence important to you?
- How do you begin your day to abstain from compulsive eating?
- How does remaining abstinent improve the quality of your life?
- How do you get through a rough day?
- What does willingness mean to you?
- How has the obsession with food affected you physically?
- What are you doing to avoid relapse?
- What is your biggest trigger?
- What did you learn from breaking your abstinence? What will you do differently this time?
- How do you keep your memory green?
- How do you find your Higher Power?
- Am I afraid to get abstinent and if yes, why?
- What are some travel/vacation/eating-out tips that work for you? How is your program portable?
- How does remaining abstinent improve the quality of your life?
- How do you surrender to a power greater than yourself?
- What helps you or could help you when you have food thoughts in order not to pick up the extra bite?
- What excuses have you used in the past to eat compulsively?
- How can I comfort myself without food when I am upset, anxious, or afraid?
- Do I speak to myself kindly or critically? How can I be kinder to myself?
- How do I work towards and achieve a sane and healthy relationship with food?

- What does OA have to offer?
- What does OA offer or do for you?
- What are your thoughts on sponsorship?
- Am I using food to stuff emotions I do not want to feel?
- How does giving service enrich your recovery?
- What does working the program mean to you?
- I must take action to get better. I can't think myself better. What actions am I taking today to get better?
- How can I eat at restaurants and friend's houses and use program skills to stay abstinent?
- How willing am I today to do uncomfortable things such as making phone calls? Going to meetings? Listening to my sponsor? Building a relationship with a Higher Power? Letting people in?

Step10Questions:

- Are you living in acceptance today or are you living in anger and resentment?
- Are you living in faith or trust rather than fear and anxiety?
- Are you living in gratitude rather than self-pity?
- Are you living in love and tolerance rather than judging and criticizing?
- Are you focusing on giving rather than getting?
- Are you living in the solution rather than the problem?
- Are you accepting that your best is good enough even though you are not perfect?

Step11Questions:

- Do you believe that God/Your Higher Power will give you the strength and courage to deal with whatever life brings?

-What are your favorite self-affirmations?

-How do you practice prayer and meditation daily?

Step 12 Questions:

- Are you willing to have a spiritual awakening that says I will listen to my quiet inner voice rather than the disease?

-Are you willing to do the work until the miracle happens?

-Are you willing to do service to OA at every meeting you attend?

-Have you experienced what it is like to practice these principles in all your affairs?

AT 8:28PM:

We have about a minute or so left before its time to close. Does anyone wish to claim their seat? Are there any returning OA members who we didn't greet at the start of the meeting? This is your chance to unmute and say hello.

By 8:59 pm start to close:

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t's time to close the meeting. Thank you all for joining us.

Remember: we are here for you. You are not alone anymore. Welcome back to Overeaters Anonymous. Welcome home.

Stay on if you'd like to meet sponsors and ask questions and chat. We hope to see you all back here next week.

If you'd like to unmute, we will end with the Serenity Prayer.