

Suicide threat info: Press Control + End OR Flip to last page of script

6:45 AM ET Sunrise Overeaters Anonymous Meeting

Conference Number: (712) 432-5200

Conference Code: 4285115#

Press 1

Moderator Code: (Moderators must obtain code prior to their first time moderating.)

Do not read italicized text aloud. Read bold text aloud.

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Please unmute when you come in at 6:44 AM and have pen and paper to take notes.

**To handle a suicide threat, Press Control + End or Flip to the last page.**

### *Moment of Silence*

**At 6:44 AM**, Moderator announces: We will have a moment of silence before the meeting. I will mute the line. Press \*52 to mute the line.

**At 6:45 AM**, Unmute your line. You may need to press \*52 to mute all callers except you. Callers unmute by pressing \*1.

Good morning. My name is \_\_\_\_\_. I am a compulsive overeater and your moderator. Welcome to the 6:45 AM Sunrise phone meeting of Overeaters Anonymous. After a moment of silence, we'll quietly say the Serenity Prayer. Press \*1 to both unmute and mute your line.

### *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.

I will mute the line. Press \*52 to mute the line.

OA defines abstinence as, “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 on a daily basis.”

The Group Conscience Guidelines are that members only read twice a week and only share twice a week. This may mean there are periods of silence on our meeting and we will honor silence as part of our program of recovery.

Is there someone who’s not read twice this week, who can volunteer to read the Twelve Steps of Overeaters Anonymous?

### *The Twelve Steps of 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.

**The Tradition of the Month is:** *Read the Tradition of the month, ex. January-Tradition 1, June- Tradition 6.*

### ***The Twelve Traditions of Overeaters Anonymous***

1. Our common welfare should come first; personal recovery depends upon OA unity.
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.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose --- to carry its message to the compulsive overeater who still suffers.
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.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
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.

12. Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

### *Program Resources*

The steps, traditions, and tools of the program all work together in our recovery. The tools are: a plan of eating, writing, literature, meetings, an action plan, telephone, sponsorship, service, and anonymity. Go to [oa.org](http://oa.org) to find out more about each tool.

### *On Awakening*

Is there someone who's not read twice this week, who can volunteer to read "*On Awakening*" from AA's Big Book, pages 86-88.

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

In thinking about our day, we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.

We usually conclude the period of meditation with a prayer that we be

shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no requests for ourselves only.

We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why.

If circumstances warrant, we ask our wives or friends to join us in morning meditation. If we belong to a religious denomination which requires a definite morning devotion, we attend to that also. If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing. There are many helpful books also. Suggestions about these may be obtained from one's priest, minister, or rabbi. Be quick to see where religious people are right. Make use of what they offer.

As we go through the day, we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves. It works ---it really does. We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined. But this is not all. There is action and more action. "Faith without works is dead."

### *Obtaining Volunteers*

At a recent Group Conscience meeting, it was determined that members' numbers would only be given out after the meeting. The exceptions are the number taker's, the newcomer greeter's, newcomers' and returning members' and sponsors' numbers. Everyone else can share their number after the meeting.

**May I have a volunteer to take down contact information?** *Ask the volunteer: May we have your first name, last initial, number, time zone, call times and if you take texts?* *After someone volunteers, say:*

**May I have a volunteer to be the timekeeper?** *After someone has volunteered to be timekeeper, read the following:*

### *Group Conscience Guidelines for Sharing*

- At two minutes, 45 seconds, the timekeeper says: “Gentle reminder, fifteen seconds to wrap up.” Please acknowledge the reminder and conclude promptly. *To support the timekeeper, moderators may lovingly interrupt a sharer who continues after the gentle reminder, by repeating, “Gentle reminder. In the interest of time and to be sure everyone gets a chance to speak, I will need to ask you to wrap up.”*
- Please limit sharing to two times a week, Monday to Sunday, and indicate if this is your second share. You’re welcome to share your experience, strength, and hope; or speak on desired recovery topics.
- Please be courteous and refrain from profanity and crosstalk. Crosstalk is giving advice to someone who has already shared; addressing another person rather than the group; or interrupting or questioning the person speaking.
- Volunteers read any reading no more than twice a week. We ask members who read often to allow a moment for others to volunteer.
- Please refrain from talking about or promoting outside issues.
- Please note that if one shares in the meeting, one does not also ‘Claim their seat.’

### *Reading For Today*

**Is there someone who’s not read twice this week, who can volunteer to read today’s reading in OA’s For Today?** *You may give the date and page number.*

If the reader has not shared twice this week, would you like to share first?

The meeting is now open for general sharing. We limit sharing to twice in a week. Who would like to share? Press \*1 to unmute. (Optional: Or I can take up to three names of those who would like to share.)

*If someone asks a question about the topic, say: “We read from For Today/Voices of Recovery or share your experience, strength, and hope in working the program.”*

*If the line is silent, you can remind people: “Press \*1 to unmute.” Encourage those who do not often share to do so.*

*If people are unmuted or there’s background noise, you can press \*52 to mute everyone, announcing that you are muting the line so people know what is happening. “I will now mute the line.”*

*If someone speaks beyond the time limit, say: “Gentle reminder; we limit sharing to 2 minutes and 45 seconds.”*

*If there is a minute or so before half-time, you may ask: “Does anyone who’s not already shared want to claim their seat?”*

***Press \*0 to find out how many are on the line.***

### ***Halftime***

***At 7:15 AM begin Halftime.***

Good morning to number of callers of us. My name is \_\_\_\_\_ and I am a compulsive overeater and your moderator.

At the end of the meeting we exchange contact information. If you need a phone number and cannot stay until the end of the meeting, you can contact today’s number taker. Our number taker is \_\_\_\_\_. Their contact phone number is \_\_\_\_\_.

### ***Newcomer Greeter and Newcomer Welcome***

We now welcome our newcomer greeter and new and returning members.

Will our newcomer greeter, who will contact new and returning members, please introduce yourself and give your contact information? *Pause and let the newcomer greeter come in.*

If it is your first time on the Sunrise Meeting or you are new and returning to OA, this is the time to welcome you. If you would like to introduce yourself, press \*1 to be heard and you may also share, if you wish.

*Pause for the new/returning members to introduce themselves.* Welcome each new/returning member and ask if they would like to share and leave any contact information. *After all new/returning members have shared, return to the script.*

### *Sponsors*

Would available sponsors please introduce themselves, give their contact information and share how they sponsor or can help someone get started? Press \*1. *Pause briefly for available sponsors.*

### *7<sup>th</sup> Tradition*

Our seventh tradition states that OA is fully self-supporting, accepting contributions only from OA members. Your contribution to the Virtual Intergroup covers intergroup expenses, including our Virtual Intergroup website, sending delegates to the World Service Business Conference, and sending representatives to the Virtual Region assemblies. The surplus is divided, with 60% supporting our OA World Service Office and 40% supporting the Virtual Region.

To contribute, please visit [www.oaphonemeetings.org](http://www.oaphonemeetings.org) and include our group number 55039 in the memo section.

## *Marathons*

The Virtual Intergroup of Overeaters Anonymous sponsors marathon phone meetings. Our next two marathons are on \_\_\_\_ (see below). (If there is no marathon for 1 or more months, moderators don't need to announce the next marathon.)

**2026 Marathons Sponsored by Virtual Intergroup of Overeaters Anonymous 712-432-5200 Conference ID 4285115#**

**Meetings every hour from 8:00 a.m. to 12 midnight ET around scheduled meetings**

**To moderate a meeting go to <https://signupschedule.com/oamarathons>**

| DATE                  | Event                                            | Topic                                                                               |
|-----------------------|--------------------------------------------------|-------------------------------------------------------------------------------------|
| <del>T</del> , Jun 30 | Gay Pride Celebration                            | The OA Program is broad enough for all of us to do whatever is necessary to recover |
| SA, Jul 4             | Independence Day                                 | Free to be human, to make mistakes and to try again                                 |
| SA, Sep 12            | Rosh Hashana                                     | Our favorite slogans                                                                |
| M, Sep 21             | Yom Kippur                                       | Am I still doing the program activities today that I once did starting out          |
| M, Oct 12             | Canadian Thanksgiving/<br>Indigenous Peoples Day | OA Fellowship is where we find "God with skin on"                                   |
| SA, Oct 31            | Halloween                                        | Putting our fears in the healing light of our Higher Power                          |

## *Group Conscience Business Meeting*

Our next monthly group conscience business meeting will be on:

~~Sun., Jul. 5~~

Sat., Aug. 1

Sun., Sep. 6

Sat., Oct. 3

All members are encouraged to participate. If you would like to submit an agenda item to the group conscience business meeting, please email [oasunrisegroup@gmail.com](mailto:oasunrisegroup@gmail.com). You may review the agenda for the upcoming Business Meeting, as well as our current script and other recovery resources at our meeting website, [oasunrisegroup.org](http://oasunrisegroup.org).

Our meeting is a part of the Virtual Intergroup, Virtual Region and the World-Wide OA recovery program. You can go to [oavirtualregion.org](http://oavirtualregion.org) and [oa.org](http://oa.org) to

find many other resources for recovery.

### *Brief Announcements*

Are there any BRIEF OA-related announcements? *One week before Group Conscience Business Meeting, the meeting agenda topics are announced.*

### *After Halftime*

*If someone asks a question about the topic, say: “We read from For Today/Voices of Recovery or share your experience, strength, and hope in working the program or on other recovery topics.”*

### *Reading of Voices of Recovery*

Is there someone who’s not read twice this week, who can volunteer to read today’s reading in OA’s Voices of Recovery? We ask members who read often to allow a moment for others to volunteer to read. *You may give the date and page number.*

If the reader has not shared twice this week, would you like to share first?

The meeting is now open for general sharing. Who would like to share? Press \*1 to unmute. (Optional: Or I can take up to three names of those who would like to share.)

### *Closing*

At 7:40 AM begin the closing.

Is there a volunteer who has not read twice this week available to read the ninth step promises on pages 83-84 and a second volunteer to read the tenth step

promises on pages 84-85 of the Big Book through “It is the proper use of the will.”

## *Promises*

### *Ninth Step Promises (AA’s Big Book, pages 83-84)*

“If we are painstaking about this phase of our development, we will be amazed before we are halfway 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.”

### *Tenth Step Promises (AA’s Big Book, pages 84-85)*

“And we have ceased fighting anything or anyone ---even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality ---safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.”

“It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God’s will into all of our activities. ‘How can I best serve Thee---Thy will (not mine) be done.’ These are thoughts

which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will.”

### *Responsibility Pledge*

“Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”

### *7<sup>th</sup> Step Prayer* (Press \*52 to mute everyone.)

We close this meeting with the seventh step prayer from page 76 of AA’s Big Book. The moderator alone will say the prayer and other members are asked to stay muted and speak it to themselves. Please stay on after the meeting if you would like to leave your number or obtain a number. We also keep the phone line open after the meeting for announcements and to answer any questions.

### *Seventh Step Prayer* (AA’s Big Book, page 76)

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

**Keep calling back! It works!**

*You may or may not need to Press \*52 to mute everyone again. Meeting officially closes.*

### ***After-Meeting Announcements***

*Note to Saturday and Sunday Moderators: On the day that we have group conscience business meeting, we do not read the after-meeting announcements. We exchange numbers and then go to the group conscience business meeting.*

### *Opinions*

Please remember that the opinions expressed here today are those of the individual OA members and do not represent OA as a whole.

## **Marathons**

The holiday meeting marathons are on this same phone number and conference ID. While OA does not endorse any particular holiday, we want to support our members who do celebrate those days.

There is no abstinence requirement to serve as a marathon moderator. If you would like to moderate a marathon meeting, please view the available shifts and sign up using our online scheduler. Visit:

www dot signupschedule dot com forward slash oa marathonS  
([www.signupschedule.com/oamarathons](http://www.signupschedule.com/oamarathons))

A script will be emailed to you prior to your assigned meeting. If you have any questions, you can email the marathon meeting coordinator at

[vigoamarathons@gmail.com](mailto:vigoamarathons@gmail.com). (*VIGOA stands for Virtual Intergroup Overeaters Anonymous.*)

## **Numbers**

The line is now open for members who wish to leave a number and those who need a number for outreach. Members who wish to get a phone number, please identify yourself before a phone number is given out.

Members leaving a number can provide your first name, last initial, phone number, time zone and best times to call.

*The number taker now asks if anyone would like to get a number or leave one for outreach. The number exchange follows. Moderators and number takers: During the meeting **number takers** take down the numbers and ask when something is not clear; moderators might also record numbers, which can be a backup for the number taker. At the end of the meeting the number taker provides the numbers.*

## **Questions** *After the number exchange, ask:*

**Are there any questions?** *To the best of your ability, answer any questions that people ask.*

*Then say:*

The line is now open for fellowship until the next scheduled meeting.

*Suicide threat info: Press Control + End OR Flip to last page of script*

## No Cost Conference Call Keypad Controls

| Control  | Moderator                | Participant              |
|----------|--------------------------|--------------------------|
| *1       | <b>Mute/unmute self</b>  | <b>Mute/unmute self</b>  |
| *2       | Lock/unlock conference   |                          |
| *3       | Start/stop recording     |                          |
| *4       | Conference volume down   | Conference volume down   |
| *5 and 2 | <b>Mute all callers</b>  |                          |
| *6       | Conference volume up     | Conference volume up     |
| *7       | Speaking volume down     | Speaking volume down     |
| *8       | Exit menu                | Exit menu                |
| *9       | Speaking volume up       | Speaking volume up       |
| *0       | <b>Participant count</b> | <b>Participant count</b> |
| #:       | Exit conference          |                          |

*Q1*

Sat, Jan 3  
Sun, Feb 1  
Sat, Mar 7  
Sat, Apr 4

## 2026 Virtual Intergroup Meetings

|             |             |             |             |
|-------------|-------------|-------------|-------------|
| Sun, Jan 25 | Sun, Apr 26 | Sun, Jul 26 | Sun, Oct 25 |
| Sun, Feb 22 | Sun, May 17 | Sun, Aug 23 | Sun, Nov 22 |
| Sun, Mar 22 | Sun, Jun 21 | Sun, Sep 27 | Sun, Dec 27 |

Guests are welcome.

## *2026 Marathon Meetings*

**2026 Marathons Sponsored by Virtual Intergroup of Overeaters Anonymous**

**712-432-5200 Conference ID 4285115#**

**Meetings every hour from 8:00 a.m. to 12 midnight ET around scheduled meetings**

**To moderate a meeting go to <https://signupschedule.com/oamarathons>**

| 2026 DATE  | Event                                              | Topic                                                                               |
|------------|----------------------------------------------------|-------------------------------------------------------------------------------------|
| TH, Jan 1  | New Year's Day                                     | Looking Forward to the Celebration of Life as I go Through the Steps                |
| M, Jan 19  | Martin Luther King, Jr Day                         | Letting my HP and my experiences bring me closer to who I really am: Step Six       |
| SU, Feb 8  | Superbowl                                          | Pray to God; Continue to row to shore                                               |
| SA, Feb 14 | Valentine's Day                                    | Accepting and loving people as they are, including myself                           |
| T, Feb 17  | Chinese New Year/<br>Ramadan Begins/<br>Mardi Gras | Connecting to a Higher Power                                                        |
| T, Mar 17  | St Patrick's Day                                   | Weaving a beautiful recovery tapestry                                               |
| TH, Mar 19 | Eid al-Fitr                                        | We will be given what we need if not what we want                                   |
| TH, Apr 2  | Passover                                           | Doing the next right thing regardless of how we feel                                |
| SU, Apr 5  | Easter                                             | Dispelling fear by breathing out faith                                              |
| T, May 5   | Cinco de Mayo                                      | Joy comes from living in the now; there is power in the present moment              |
| SU, May 10 | Mother's Day                                       | Humility, not humiliation                                                           |
| M, May 25  | Memorial Day                                       | Powerless over food; not powerless over footwork                                    |
| F, Jun 19  | Juneteenth                                         | Having the privilege of abstaining                                                  |
| SU, Jun 21 | Summer Solstice/<br>Father's Day                   | Resigning from the debating club                                                    |
| T, Jun 30  | Gay Pride Celebration                              | The OA Program is broad enough for all of us to do whatever is necessary to recover |
| SA, Jul 4  | Independence Day                                   | Free to be human, to make mistakes and to try again                                 |
| SA, Sep 12 | Rosh Hashana                                       | Our favorite slogans                                                                |
| M, Sep 21  | Yom Kippur                                         | Am I still doing the program activities today that I once did starting out          |
| M, Oct 12  | Canadian Thanksgiving/<br>Indigenous Peoples Day   | OA Fellowship is where we find "God with skin on"                                   |
| SA, Oct 31 | Halloween                                          | Putting our fears in the healing light of our Higher Power                          |
| SU, Nov 8  | Diwawli                                            | Keeping an open mind spiritually                                                    |
| W, Nov 11  | Veterans Day                                       | I am the sum of what I am reaching for in OA                                        |
| TH, Nov 26 | Thanksgiving                                       | An attitude of gratitude                                                            |
| F, Dec 4   | Hanukkah                                           | Giving up what no longer serves us                                                  |
| TH, Dec 24 | Christmas Eve                                      | Stepping the light fantastic                                                        |
| F, Dec 25  | Christmas Day                                      | The true source of serenity is not getting what I want, but wanting what I've got   |
| SA, Dec 26 | Kwanza/<br>Boxing Day                              | What an adventure this OA program is                                                |
| TH, Dec 31 | New Years Eve                                      | Practicing these principles in all our affairs                                      |

## ***Moderator Guide***

### **Possible Issues and Ways of Handling Them** *(Shared from 2022 Moderator Coordinators)*

1. **When someone speaks a third or fourth time in a week?** Gently remind the person of our limit of 2 shares. (7/2026) Offer to call that person to listen.
2. **If someone makes an announcement not related to our 6:45 am Sunrise meeting, our intergroup or the WSO?** “Excuse me, but other announcements not related to our 6:45 am Sunrise meeting or its intergroup or the WSO may be shared at the end of our after-meeting announcements and contact information time, which come after this meeting closes.”
3. **When someone does not wrap up after 2 minutes, 45 seconds?** If the timekeeper does not mention another gentle reminder, say, “Thank you for your share. It’s time to allow another member to speak.”
4. **If a newcomer doesn't leave contact information?** No action is needed.
5. **If there's a long silence?** Allow it. “The line is open if you’ve not shared twice this week and would like to speak on your program.”
6. **If no one offers to read the Steps? the Traditions? On awakening? Or be the number taker? Or be the timekeeper? Or read For Today? Voices of Recovery? 9th Step Promises? 10th Step Promises?** “We are waiting for people to do (whatever). Please press \*1 to unmute.” Wait 30 seconds; usually during this time, somebody will not be able to stand the silence and will volunteer.
7. **How long should a moderator wait on someone to do the above items** before doing them themselves or asking people to take their own numbers? See above.
8. **If someone uses profanity/interrupts?** “We refrain from profanity.” If someone interrupts another person or speaks directly to another person? “We refrain from crosstalk, which is giving advice to others who already shared, speaking directly to another person rather than to the group, and questioning or interrupting the person speaking or sharing at the time.”
9. **If someone wants to interrupt to indicate a meeting guideline has been broken?** “Thank you for caring about our meeting and wanting to maintain its integrity. We realize that not all our members are familiar with the guidelines. We gratefully welcome everyone to this meeting. So thank you for helping us maintain our meeting. Who would like to share next?”
10. **If an intruder breaks into the meeting?** “It is unfortunate that this is happening; we are going to proceed with the meeting and trust that our dashboard monitor will take care of security.”
11. **If someone interrupts to ask what reading or topic we're discussing?** “We read from For Today/Voices of Recovery; please share your experience, strength, and hope in working the program.”
12. **If someone interrupts to criticize the speaker or moderator?** “Excuse me, please. We refrain from crosstalk, which is giving advice to others who already shared, speaking directly to another person rather than to the group, and questioning or interrupting the person speaking or sharing at the time. Thank you.”
13. **If someone starts to speak about their religion, politics or societal beliefs?** “Gentle reminder that OA has no opinion on outside issues.”
14. **If someone wants to share twice in the same meeting**, they can share twice, if no one else wants to share, and it counts as two shares. (2/26)

**Remember that the suggested actions are not the only way to handle situations like these, or other situations that may come up. Every moderator develops a sense of how to handle things as he or she continues to moderate.**

There may be other issues that you are concerned about. You can always contact the co-moderator coordinators to exchange ideas about things that come up.

## *Other Moderator Guidance*

- All members are encouraged to participate in our group conscience business meetings on the first Saturday or first Sunday of each month. When Saturday or Sunday is a holiday, we hold the group conscience business meeting on the day that is not a holiday.
- Everyone is welcome to participate in any holiday marathons that may start at 8 am after this meeting and continue until midnight every hour around any scheduled meetings.
- A comprehensive list of phone, online and face-to-face meetings can be found at [oa.org](http://oa.org) or call the World Service Office at (505) 891-2664
- More information about the fellowship is available on both Facebook and Instagram under “overeaters anonymous official.”
- The Virtual Region website, [oavirtualregion.org](http://oavirtualregion.org), has information on how to sign up to be a sponsor, find a sponsor and start/attend phone, Hybrid, ZOOM, and other online meetings. You can also find the Virtual Region newsletter, upcoming workshops and recordings of previous workshops.

## ***Group Conscience Business Meeting History***

### **Announcements:**

- Announce group conscience business meeting agenda items the week before the meeting. (12/25)
- Announcements are open to “BRIEF OA-related announcements.” (3/2025)

### **Food Limitations:**

- We take no position on naming foods at our meeting. While many people choose not to name foods, it is not prohibited. (12/2016)

### **Format Changes:**

- The Business Meeting will be extended for ½ hour on the 3<sup>rd</sup> month of the quarter, if script changes are needed. (7/26)
- “You’re welcome to share your experience, strength, and hope; or speak on desired recovery topics.” (7/26)
- Only the moderator says the 7<sup>th</sup> Step Prayer at the end of the meeting. Other members are muted and say the prayer to themselves. (7/26)
- Phone numbers are collected and exchanged during the After Meeting Announcements. (06/2026)
- Script changes are made only at the beginning of each new quarter...Jan, Apr, Jul, Oct and co-moderator coordinators keep a list of changes to update the script (12/25)
- We make format changes at the April, October, and December group conscience business meetings. (10/2018)

### **Frequency of Sharing:**

- Members share two times per week. (06/2026)
- If a member shares in a meeting, they do not also ‘claim their seat.’ (7/26)
- Ask the info be shared in “info to moderators” at end of script: “a person can share twice in a meeting, and it counts as two shares”. (2/2026)
- We give service twice per week. Service is defined as reading the Steps, On Awakening, Step 9 and 10 Promises. (06/2026)
- After our statement about reading a Daily Reader no more than twice a week: “We ask members who read often to allow a moment for others to volunteer to read.” (1/2026)
- **Update from 2026:** Three shares per week.(5/2025); Superseded by motion on 06/2026
- **Update from 2023...** We have new language which replaces this. We no longer limit reading to once per week per 9/2017 group conscience business meeting poll nor do our guidelines prevent people from sharing more than once per week.

### **Guidelines for Sharing:**

- When we say “who would like to share it this time?” Add the statement, “ I can take up to three names of those who would like to share.” (2/2026)
- Shares are 2 minutes, 45 seconds (5/2025)
- Shares are now 3 minutes (3/2025)
- We encourage those new to the meeting or who do not often share to do so today if you have shared in the past week, please wait a bit today to allow others a chance who haven’t spoken up recently. We ask that you limit your sharing to no more than 2 minutes. You may give your contact information after you share. Please speak slowly and clearly. Our group conscience is to not prompt for contact information. Please limit your comments to your experience, strength, and hope in living and working toward recovery from the disease of compulsive overeating. (8/2017)

### **Guidance for Moderators:**

*Suicide threat info: Press Control + End OR Flip to last page of script*

- The moderator will say, “when possible, so that people can hear you clearly, please do not use your speakerphone function when sharing.” (4/2018)
- Per our group conscience: The moderator is a trusted servant and may lovingly restore order to the meeting as needed. (Note to moderator: In order to handle disruptions on the line you may call for a minute of silence, a repeat of the Serenity Prayer, repeat our guidelines, etc. Pray for guidance and direction, and lead from love.) \* ( 8/2017)
- Moderators can ask up to 3 people volunteer to share, then they proceed to share one after the other. This is moderator preference, not a requirement. (11/2016)
- If there is a minute before half-time, moderator may ask, “Does anyone want to claim their seat?” (4/2018)
- Moderator: Read the After Meeting Announcements, and if you are able to do so, you can stay on the line until the phone numbers are given and all questions have been asked. If you cannot stay on, ask the person taking the numbers if he or she is able to do so. Ask the person taking the numbers to take down the contact information provided in the After Meeting Announcements.

## ***Phrases Moderators Can Use to Maintain Group Conscience***

### **People Speaking Off Recovery Topics** *(This behavior falls under the umbrella of crosstalk.)*

**Definition:** People speaking off topic at a recovery meeting means sharing personal issues, struggles or events that do not relate to what the group agreed to discuss about recovery. (ie: gratitude, 12 steps, resentments, etc.)

**Examples:** A member begins rambling about a bad day at work, a dispute with a neighbor, a traffic ticket, medical concerns, etc. They never bring it back to their recovery. What makes this problematic is people spend their entire share complaining about unrelated life events, rather than focusing on recovery or how they are staying abstinent.

### **Phrases Moderators Could Use:**

1. I appreciate your sharing; however, (Name), at this meeting we ask you to share on the readings (For Today, Voices of Recovery) or you may share your experience, strength and hope in recovery. We would love to hear that.
2. I appreciate your sharing. At this meeting, however, we share on any of the readings and your experience, strength and hope working the program.

### **People Speaking Over One Another** *(This behavior falls under the umbrella of crosstalk.)*

**Definition:** Speaking over one another happens when two or more people talk simultaneously...often to show enthusiasm or active listening, rather than to hijack the conversation. It occurs when someone begins talking before the other person has finished. Neither party is trying to silence the other; they are simply participating with high energy.

**Example:** Member says hello to everyone and says it was a tough week. My sponsor told me to go to a meeting. I was so tired I ended up skipping my regular meeting. Another member comes in and says you should not do that...that is how people go into relapse. Another member comes in and says you should try meditating. Another member says you should call your sponsor. They are all enthusiastically trying to help the member who had a tough week.

### **Phrases Moderators Could Use:**

1. Excuse me, please. Please let (name) finish their thought.
2. (Name), we need to be sure that everyone gets a chance to share without being cut off. Thank you. I appreciate your understanding.

### **People Who are Interrupters:** *(This behavior falls under the umbrella of crosstalk.)*

**Definition:** Interruption occurs when someone actively cuts off or overrides the speaker. The interrupter breaks into the other person's sentence to take over the conversation to make it about what they want to say. They may even want to change the subject. The original speaker feels cut off, unheard and disrespected.

**Example:** A newcomer is tearfully sharing about a recent relapse, detailing how hard it has been to stay abstinent. Before the newcomer can finish their story, a member interrupts and says, "You just need to get to 90 meetings in 90 days and find a sponsor right now." The newcomer freezes up. The member continues to talk saying, "I did that and it worked for me." He is hijacking the conversation.

### **Phrases Moderators Could Use:**

1. At this meeting we are always respectful toward one another. Please allow (Name) a moment to finish their share.
2. Pardon me, (Name of interrupter). (The Other speaker's name) is speaking. We don't cross talk at this meeting. Thank you.
3. Just a reminder, one of our principles is to not crosstalk at this meeting.
4. Please allow the moderator a moment to finish speaking so everyone, especially new or | returning members, can benefit from the meeting.
5. Please pause to allow me (the moderator) a moment to thank the member who just shared before anyone offers to share next.

### **People Who Share Too Explicitly**

**Definition:** Too explicit sharing is when it focuses on graphic details about abuse, specific grievances, medical conditions or histories, medications, politics, personal philosophies.

**Example:** A member starts sharing about the amounts of sugar she ate yesterday and describes the event in full graphic style to the group. She also begins sharing personal vendettas toward family members, spouse or group members. Proceeds to tell you about her history in extent in the program and nothing to do with own experience, strength and hope in the OA program. These types of conversations are best kept for a sponsor, best friend, or a professional counselor.

### Phrases Moderators Could Use:

1. Thank you, (Name), for service. At this meeting we share on recovery - the readings, (For Today and Voices of Recovery) or your experience, strength and hope in recovery. That would be great.
2. Thank you for sharing. Would you be willing to return to a recovery topic?

### People Who Speak Past Their Time:

1. Thank you for sharing, (Name). However; your time was called by the timekeeper.
2. Thank you for sharing. In the interest of time and to be sure everyone gets a chance to speak I will need to ask you to wrap up.
3. Thank you for your share. Who would like to share next?

### People Who do not Pause before Giving Others a Chance to Do Service:

1. (Name), please wait just a few seconds to give another member a chance to do service. In this meeting, we only read twice a week. Thank you for your kindness and consideration.
2. Thank you for offering. We need to wait to give others a chance to do service.

### Newcomers Whose Shares May Not Comply with Group Conscience

(Name), we are so glad you decided to come to our meeting and share. Please keep coming back.

*(Then, the next time they speak as a member, we can remind them of group conscience.)*

### People Who May Become Upset When Reminded of Our Guidelines

(Name), we're so grateful that you are a member of our meeting. Our guidelines are in place in order to ensure each member has an opportunity during the week to speak and to have a quiet meeting between shares. Our guidelines are for everyone and not directed at any individual. If you'd like to leave your phone number at the end of the meeting, I'll be happy to call you later today. Thank you.

# Recommendations for Suicide Threat

1. Acknowledge what the caller has said and thank him/her for letting you know how bad they are feeling. Let them know you care.
2. Tell the caller we would like to help and ask for his/her number so a volunteer can call him/her right back. (Caller may just want to talk about how bad they feel.)
3. Encourage caller to call one of the suicide prevention hotlines:  
**NATIONAL HOPELINE NETWORK 1-800-SUICIDE (784-2433)**  
or  
**NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255).** Counselors on the hotline are trained to assess for suicide risk.