

5/09/2026 Member Training for 6:45 am Eastern Sunrise Meeting

(This meeting was recorded and the recording was accidentally deleted.)

Would the Dash person start the recording? Thank you.

Beverly_____

Intro:

Good morning, Evangelyn R. and myself, Beverly T, are your Moderator Co-Coordinator for this year. Welcome to Member Training for the 6:45am Eastern Sunrise OA Meeting. We welcome all compulsive overeaters this morning.

We'll open with the Serenity Prayer: Please press *1 to unmute and mute your line.

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.

Introduce Evangelyn and Beverly as Moderator Co-Coordinator. Our role as Moderator Co-Coordinator is to find moderators each quarter, update the script quarterly and help the meeting stay within the guidelines of the Group Conscience Business Meetings. Group Conscience guidelines for this meeting are voted on by attendees at the Business Meeting.

Sacredness of Our Meetings

Our meetings are sacred spaces. It's up to each of us to ensure our meetings are sacred and full of courtesy and tolerance. If we were in a place of meditation, we would not expect to hear arguments, conversations between meditators or people selling or promoting their goods or ideas. We would expect quiet, order, peacefulness, and awe as to what Higher Power was doing for and in us.

How do we create and keep safety and sacredness in our meeting? Let's look at OA World Service's "Strong Meeting Checklist," which is a **4th Step Inventory** for OA Meetings.

Evangelyn reads_____ (Beverly responds with Yes or CBI)

OA Strong Meeting Checklist

I will now read the OA Strong Meeting Checklist and Beverly will answer "Yes," if we do that item, and "Could Be Improved" ("CBI"), if there are areas to work on in our meeting.

1. Does our meeting start and end on time? **Yes**

2. Are all attending, including newcomers, greeted and made to feel welcome & accepted? **Yes**
3. Does our meeting focus on OA recovery through the 12 Steps and 12 Traditions? **CBI**
4. Do we offer our own experience, strength, & hope, sharing the solutions we have found? **CBI**
5. Is the group contributing financially to all levels of OA service as per our 7th Tradition? **CBI**
6. Are sponsors available and identified in the meeting? **Yes**
7. Does our group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard in our meeting? **CBI**
8. Does our group follow a meeting format? **Yes**
9. Is only OA-approved literature, including some AA literature, referenced & promoted? **Yes**
10. Does our group welcome and support individual members who use a variety of OA-approved literature? **Yes**
11. Are group conscience meetings held regularly? **Yes-Monthly**
- 11a. Does the group honor and follow group conscience guidelines? **CBI**
12. Are all service positions filled and is rotation of service practiced? **CBI**
13. Is our meeting information readily available and is the World Service Office informed of all meeting details and changes so that newcomers and visitors can find our meeting? **Yes**
14. Are cross-talk and advice-giving avoided? **CBI**

Beverly_____

Eastern Sunrise Meeting 4th Step Inventory

Let's look at those items of our **4th Step Inventory** that were rated "Could Be Improved" and how all of us can improve these guidelines, when they are not being followed.

1. Does our meeting focus on OA recovery through the 12 Steps and 12 Traditions?

Although we read the 12 Steps and the Tradition of the Month at each meeting, we don't always follow the Steps and Traditions in our meeting behavior.

For example, the Steps ask us to look at our own behavior, not another person's behavior.

4th/10th Steps: Where am I criticizing another person on the call?

5th, 6th, 7th, 8th, 9th Steps: Have I made an amends to that person either one-on-one or through prayer and a change in my thoughts, words and behavior towards them?

Any of 12 Steps: During my shares, do I speak on which step I'm working on or how a particular step is helping me address an issue in my life? Or do I speak about which step is most

challenging for me and what action I am taking to work on it? How am I using these steps for my abstinence and recovery from compulsive overeating.

12th Step: In my shares, am I carrying **the message** or **the mess**? The message is hope and recovery through the Steps, Traditions, Tools and the Big Book. The mess is any physical, mental, emotional or spiritual trauma or problem I may now be experiencing. To carry the message, even when we're in the mess, is to share how the program is helping us through the mess, not just talking about the mess. We talk about the mess one on one with our sponsors or in therapy.

Similarly, all the traditions are important and especially these that pertain to strengthening our meeting. Let's remember -

Tradition 3: The only requirement for OA membership is a desire to stop eating compulsively.

Tradition 1: Our common welfare should come first; personal recovery depends upon OA unity.

Tradition 5: Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

Tradition 10: Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Evangelyn _____

2. Do we offer our own experience, strength, & hope, sharing the solutions we have found?

This is another guideline that asks us to share the **message**.

For example, if we're talking about the same thing at almost every meeting, we may want to look at our recovery. **The recovery journey is not staying stuck.** It's about moving forward through working the Steps and Traditions. The recovery journey is not about just one solution – exercise or diet – it's about living the Steps and Traditions. Repeatedly working the Steps and Traditions is a spiral upwards, in which each level provides new insight into their meaning.

We're up to something very big in the recovery journey. It's the most profound journey of our lives...full of love and compassion for ourselves and others. It never gets old. There's always something new to learn from HP.

3. Is the group contributing financially to all levels of OA service as per our 7th Tradition?

We mention how to contribute to OA in each meeting and what our group number is. **(Call on Carrie to speak to this.)** Are we making a monthly donation to OA in gratitude for what OA has given us. What price is a new life in recovery? Even if we're on a limited budget, a small monthly donation to the Virtual Intergroup at **oaphonemeetings.org** shows our commitment to

OA's future to help others.

4. Does our group practice anonymity by reminding members not to repeat who is heard or what personal sharing is heard in our meeting?

This is something that face-to-face meetings often do well. However, we do not have this concept in our script and might want to consider adding to our script: "Whom you see hear, what you hear here, when you leave here, let it stay here."

Beverly_____

5. Does the group honor and follow group conscience guidelines?

We find that we are struggling a bit around 3 group conscience decisions in particular.

(a) Keeping our shares to 2 minutes and 45 seconds, (b) Not prompting for contact information, and (c) Limiting our sharing to 3 times a week. Let's look at those in depth.

a. May 2025 Group Conscience Business Meeting: Shares are 2 minutes, 45 seconds. Then the Timekeeper says: "Gentle reminder, 15 seconds to wrap up."

This means we speakers have 15 seconds to end our shares...even if we're in the middle of a story. 15 seconds is enough to end the share and give contact information.

Please tell the Timekeeper, "I will wrap up by giving you my contact information."

Why is this important? Because we are concerned about Tradition 1: our common welfare should come first. There may be someone on the line who really needs to share and will be unable to because another member took up another 30 to 90 seconds. We want to respect everyone who's on the call.

If the sharer gets upset or their feelings hurt when asked to wrap-up, that's their disease talking. Our role is to keep our meeting safe and available for all members to speak in the allotted time.

b. August 2017 Group Conscience Business Meeting: We do not prompt for contact information.

Members should not ask a speaker for their phone number, their time zone, their times for calls, whether they take texts. The speaker may give that information, but we do not ask for it.

This reduces the disruptions in the meeting and gives more time for others to share.

An exception: The Moderator or Number Taker may ask for contact information when it's inaudible.

If a member doesn't hear the number during the meeting, we ask that you **not** interrupt to ask for a number during the meeting. Instead listen for the Number Taker's number and call them after the meeting to ask them for the number or stay on at the end of the meeting when contact numbers are given out.

Evangelyn _____

c. May 2025 Group Conscience Business Meeting: We limit sharing to three times a week. A week runs Monday to Sunday and indicate if this is your third share this week.

The reason for this guideline is to give more members the opportunity to share. When members share 4 or more times a week, it reduces other members' opportunities to share.

By limiting our sharing we are practicing two important OA Traditions:

Tradition 1: Our common welfare should come first; personal recovery depends upon OA unity.

Tradition 5: Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

We want as many members as possible to be able to share their recovery, because that IS our primary purpose.

Each of us can be forgetful and fail to remember how often we've spoken that week. So, how can we remember? Some ways might include: marking our shares on a calendar or as a note on our cell phones or on a piece of paper near where we listen to the morning call. Where there's a will to follow the guideline, we will find a way to practice it.

Another issue we sometimes hear on the calls is this one: Sometimes a frequent speaker comes in strong and speaks over the Moderator in order to get in to speak. Several Moderators have mentioned how disrupting this can be for them. Please let the Moderator finish reading their script before asking to share.

When you do come in to ask to share, pause and do so gently. Remember this is a sacred space, not a sports competition. Moderators can take up to 3 names so the possibility is strong that you can be on the list to speak. Let's not rush and overwhelm our servant leader, the Moderator.

d. April 2026: Overeaters Anonymous has no opinion on outside issues.

There are times when members get excited about a diet plan, nutrition, something they learned from the internet, a book, a TV show, a movie, a religious or political affiliation, in therapy, or something they created. Then they spend part of their share on those things. These are all outside issues. On our calls we have no opinion on them and do not promote them.

What we're committed to sharing in OA meetings is what Higher Power, the Steps, the Traditions, the Tools and the literature, including AA's Big Book, are doing for our recovery. Everything else stays outside the rooms. We speak recovery on our calls.

Beverly_____

6. Are all service positions filled and is rotation of service practiced?

Although we've been able to fill Moderator, Back-Up Moderator, Dash and Newcomer Greeter roles, it's often been challenging. There aren't enough members willing to be Moderators and Back-Up Moderators. Oftentimes on the call, we can't find volunteers to be number-takers or timekeepers.

Step 12 is about service. If we aren't doing service or willing to learn to do service, we're not practicing Step 12.

So, what if I'm afraid to do service. How can I overcome my fear?

If the fear is about being the Timekeeper, practice recording the time when you aren't timekeeper. Each meeting that you're on, have a clock with a second hand or an iphone with a stopwatch feature, plus paper and pen. Then write down the time when each speaker starts and ends their share. This practice will give us the skill to volunteer to keep time.

If the fear is taking down numbers, again practice by taking out paper and pen and writing down the name of each speaker and their number, time zone and times to call. Do this for each speaker on that call. Practice on several different calls until you feel comfortable being the number taker.

If the fear is moderating, request a copy of the script and follow along with the script as the meeting moderator conducts the meeting. If you do this for each meeting you are on in that quarter, then you should be able to lead a meeting in the next quarter.

Another aspect of service is being ready for the morning call. We can all be ready by having these items next to where we take the call:

- (a) The For Today Book
- (b) The Big Book of AA
- (c) The Voices of Recovery
- (d) Our glasses, contact lens, and hearing aids
- (e) A clock with a second hand or our cell phone timer
- (f) A piece of paper and a pen
- (g) A lamp

We can do this! We were all scared to volunteer at one time or another and yet overcoming our fears is a key part of our program.

Evangelyn: _____

8. Are cross-talk and advice-giving avoided?

Crosstalk is several things:

It's giving advice to someone who's already shared

It's addressing another person rather than the group

It's interrupting a person speaking or sharing at the time

It's questioning a person speaking

It's referring to another person's share

It's saying something like "Great share" or "I hear you" after someone speaks. After a share, Moderators can say a simple, "Thank you."

Crosstalk is anything that refers to another rather than to oneself and one's own recovery journey. Keep the focus on the self, not on others.

Even if someone triggers us during the meeting, we don't respond. Call the person after the meeting to try to understand what they meant. Our meeting is not the place to explain ourselves, defend ourselves, differ with another, argue with another, accuse someone, take another's inventory, or even praise or congratulate another. That's disease behavior. We're here to learn recovery and we want to create a safe place to do that.

An aid to remember this might be to put a sign near your phone that says: "Speak kindly; no cross-talk."

Wrap-Up

- So, in conclusion, to strengthen our meeting, we will want to:
- Focus on OA recovery through the 12 Steps and 12 Traditions?

- Offer our own experience, strength, & hope, sharing the solutions we have found?
- Contribute financially to OA service as per our 7th Tradition
- Practice anonymity by not repeating who or what was heard in our meeting
- Honor and follow group conscience guidelines
- Easily fill and rotate service positions
- Avoid cross-talk and advice-giving

Questions/Comments:

Are there any questions or comments?*

(Give space for many members to speak here. Don't hurry the process.)

* Thanks...want to focus on solution, HP, particular steps, remember others who are listening may be struggling. Be honest about the struggle.

* Like the share experience, strength, hope, Steps and sponsor.

* I'm responsible for how I share; focus on steps & traditions & recovery; helpful to know what cross-talk is

* Unclear as to what "who and what we hear here should be left here" means. I know it's about anonymity, but does that mean I can't share a helpful share if don't mention name of person who shares? ANS: One can share a concept, but not name of sharer. One doesn't want to share any speaker's background story, even if there's a moral in it.

* OA-approved literature is anything that OA publishes and most of what AA publishes; you can see what's approved on the OA website.

* We want to remember the most important person on the call is the newcomer. What the newcomer needs to hear is what works and the solution for the disease. Is my share going to attract the newcomer to the program?

* Let's also think about the newcomer in the pre-meeting. Will our shares attract the newcomer?

Beverly_____

Thank You

Thank you for participating in our meeting and creating a loving, positive, sacred environment on our calls to help all of us start the day in good recovery. We appreciate you!

7th Step Prayer

Let's close the meeting with the 7th Step Prayer:

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.

Not my will but Thine be done.
