

**OAHOW WEDNESDAY
PHONE MEETING LEADER'S SCRIPT**

updated Jan 25, 2017

(approved by group conscience on 012517)

[MEETING LEADER NOTE: You are empowered by the group conscience of this meeting to stop interruptions or cross-talk by instructing the interrupter to remain at the end of the meeting to ask questions or make suggestions, or better yet, express these at our monthly business meeting which is usually held on the last Wednesday of the month.]

Good evening, welcome to the Wednesday OA HOW phone meeting of Overeaters Anonymous. This meeting adheres to the OA HOW concepts of recovery.

1. My name is _____. I am a compulsive eater and your leader for tonight's meeting.

2. To open the meeting, let us have a moment of quiet meditation, followed by the Serenity Prayer: "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. Thy will, not mine, be done."

Let us be mindful of OAs Unity with Diversity Policy, which respects our differences yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at this meeting.

[MEETING LEADER NOTE: Ask if there is a step up or anniversary and ask the celebrant to please light his/her candle.]

3. Just a reminder about phone meeting etiquette: To share, please press *6 to un-mute. Once you are finished sharing, please say "pass," then press *6 to mute your phone. Thank you for your help in keeping the phone line clear and quiet during the meeting.
4. Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive eating.
5. 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 to carry this message of recovery through the 12 steps of OA to those who still suffer. You do not need to be a sponsor to do service for the first eight readings.
6. This meeting reads passages exactly as written in the Big Book of "Alcoholics Anonymous," and the AA 12 Steps and 12 Traditions. Please feel free to privately substitute the words 'food' and 'compulsive eater' for the words 'alcohol' and 'alcoholic.'
7. Weekly, we need 20 people to do service for this meeting. You can simply press *6 to volunteer when the leader asks for someone to read and/or pitch. It's helpful to have the readings open or printed in front of you during the meeting. You can find them on our website: oahowphonemeetings.org, (repeat twice and slowly) and then click the Wednesday tab.

[MEETING LEADER NOTE: Leader, we are no longer using the

signup genius so people can just jump in and volunteer to read and/or pitch on a tool.]

8. Would someone please read, “What is HOW?”
9. Would someone please read, “The Only Requirement?”
10. Would someone please read, “The HOW Concept?”
11. Would someone please read, “Reflections for the Newcomer?”
12. Would someone please read an excerpt from Step 2 of The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pp 9-12 (starting at paragraph 2)
13. Would someone please read from Chapter Five of the book, Alcoholics Anonymous: “How It Works?”
14. Would someone please read, the Twelve Steps?
15. Would someone please read, the Twelve Traditions?
16. THE TOOLS OF RECOVERY: The 12 Steps of Overeaters Anonymous is a program of recovery. The tools are some methods through which we work and live the 12 Steps and 12 Traditions. A tool is a means to an end; it can never be an end in itself. In order for a tool to work, it must be used. So, too, with our tools of recovery. Unless we act upon them, there can be no recovery.
As our experienced members know, we have nine tools in our program. I will call on seven sponsors who follow this meeting’s HOW format to explain the tools. (Limit of three minutes each tool.)

Specific foods may be mentioned during this meeting.

17. **THE TIMER:** *[MEETING LEADER NOTE: Please check and see if someone has volunteered to be the timer or ask for a volunteer]*

18. **THE TOOLS OF RECOVERY:** *[MEETING LEADER NOTE: Please remind people that they can find the tools on oahowphonemeetings.org OR you can read the reading so a sponsor can pitch on the tool.]*

A. Plan of Eating: May we please have a sponsor read and pitch on Plan of Eating

B. Sponsorship: May we please have a sponsor read and pitch on Sponsorship

[MEETING LEADER NOTE: After the tool of sponsorship, please ask for Sponsor Line as written below]

Sponsor Line: Will all sponsors please un-mute by pressing *6 and share the following four things ONLY:

- a. Your first name and where you are from
- b. Your current back-to-back abstinence date
- c. The weight you have lost or gained
- d. IF and ONLY IF you have an opening for a sponsee, please give your name and phone number slowly and repeat it along with your time zone. There is no need to announce that you do not have an opening at this time.

[MEETING LEADER NOTE: The person who read and pitched on sponsorship goes first on the sponsor line.]

_____ *(PERSON WHO SHARED ON SPONSORSHIP)*

will you please go first and I will go last.

CLAY FEET

We should remember that all OA's have Clay Feet. We should not set any member upon a pedestal and mark her or him out as a perfect OA. It is not fair to the person to be singled out in this fashion and if the person is wise she or he will not wish it. If the person we single out as an ideal OA has a fall, we are in danger of falling too. Without exception, we are all only one bite away from a binge, no matter how long we have been in OA. Nobody is entirely safe. OA itself should be our ideal; not any particular member of it.

[MEETING LEADER NOTE: The Tools of Recovery now continue!]

C. Anonymity: May we please have a sponsor read and pitch on Anonymity.

D. Telephone: May we please have a sponsor read and pitch on Telephone.

E. Meetings: May we please have a sponsor read and pitch on Meetings.

F. Literature and Writing: May we please have a sponsor read and pitch on Literature and Writing.

G. Service: May we please have a sponsor read and pitch on Service.

Thank you to all the sponsors who volunteered to read and pitched on the Tools of Recovery.

19. **WELCOME TO NEWCOMERS:** If you are here with us today for the first time or are a returning member, please unmute your phone by pressing * 6 so we can welcome you. If you would like to

receive calls, please share your first name only, your phone number, your time zone and the best time to reach you. Our newcomer greeter, Melissa, will get in touch with you or you can call Melissa at 202-689-4192.

If you would like to get on or receive our group's We Care List for names and phone numbers of our fellowship, you can find it on our group's website: oahowphonemeetings.org (please repeat twice and slowly so people can write it down).

Are there any newcomers this evening? Please press *6 to unmute your phone.

[MEETING LEADER NOTE: Leader responds by repeating the information for the recorder and says, "Hi, _____ Welcome! We're so glad you're here!" -- NOTE: the Newcomer Greeter for the meeting is responsible for writing down the names and phone numbers. However, if this position is vacant OR the Newcomer Greeter is NOT on the line, please write down the names and phone numbers and email them to wedoahow@gmail.com right after the meeting. Thanks.]

20. **7th TRADITION:** We encourage You to donate online to the OAHOW Virtual Service Board who oversee the OAHOW phone meetings on oahowphonemeetings.org. Or, you can donate to Overeaters Anonymous World Service Office at oa.org. Donations help to grow the message of OA with the OAHOW scholarships, books, or on line web site and the upcoming WSO meeting.

[MEETING LEADER NOTE: Leader now reads ONE of the following options.]

A. **THE PROMISES:** “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.” (Big Book, pp. 83-84)

OR

B. **BAD NEWS:** “We’ve got some bad news for you. It was bad news for us, and it will probably be bad news for you. Whether you quit six days, months, or years, if you go out and take a drink or two, you’ll end up ... just like you have been in the past.” (Big Book, p. 187)

21. **ANNOUNCEMENTS:** Are there any announcements?

22. **LITERATURE AND BOOKS:** Literature and books are available at www.oa.org or at your local OA meetings.

23. **MEDALLIONS:** We have medallions to celebrate periods of HOW Abstinence. We have coins for yearly increments of a HOW anniversary. Please press *6 to un-mute your phone if you are

celebrating. Please share your name and phone number so we can celebrate with you and our medallion coordinator can contact you.

[MEETING LEADER NOTE: For those requesting medallions, please ask for phone numbers so the medallion coordinator can write them down.]

Is anyone celebrating multiple years of abstinence?

- 18 months? (pause)
- 1 year? (pause)
- 9 months? (pause)
- 6 months? (pause)
- 90 days? (pause)
- 60 days? (pause)
- 30 days? (pause)

Lastly, we have a medallion that we refer to as the chip of desire. It does not mean you are making a commitment to be abstinent for the next 24 hours. What it means is that you heard something in the sponsor line or on the meeting that you liked. Would anyone like a chip of desire? If you don't have access to a medallion from a face-to-face meeting, and would like to have one mailed to you, please contact our medallion coordinator, Sue G at 717-253-6098.

24. STEP UPS AND ANNIVERSARIES: If you would like to schedule either a step up or an anniversary, please send an email to wedoahow@gmail.com ahead of time to get it placed on the weekly calendar.

[MEETING LEADER NOTE: If no step up or anniversary is scheduled, please pass over #25 and #26 and go directly to #27 to for the Leader's 10 minute share OR the guest speaker's 20 minute share.]

25. **STEP UPS:** At this point in our meeting, we ask the group to join us as we celebrate another example of the miracles that abound in OA. The stepping-up portion of the meeting asks a sponsor to introduce a newcomer who has at least 70 days of back-to-back abstinence, who has completed the first three steps of the program, and is now ready to become a sponsor. Tonight _____ from _____ is stepping up to be a new sponsor!

[MEETING LEADER NOTE: Ask the fellow stepping up if he/she has their candles in front of him/her. Then read the introduction in the candle reading section, ask each of the 5 fellows to do the readings. Then read the closing section at the end of the candle lighting ceremony

26. **ANNIVERSARIES:** “Birthdays are celebrated for each year of continuous abstinence.” (OA Group Handbook, p. 10). Sponsors celebrating an anniversary are also the meeting’s speaker on that evening.

[MEETING LEADER NOTE: If there is an anniversary scheduled, please invite the person who is celebrating and the fellow reading the anniversary reading to unmute. The anniversary reading is located at the end of the Wednesday Meeting Readings document.]

27. **LEADERS 10 MINUTE SHARE: (OPTIONAL)** The leader now qualifies for 10 minutes. (PLEASE SHARE YOUR PHONE NUMBER AFTER YOUR SHARE)

[MEETING LEADER NOTE: Please plan to have the evening's speaker start their 20 minute share at half past the hour. That way, there will be enough time for 2 minute pitches. So, please check your time and share up to 10 minutes based on time available. If you are new to leading and are not comfortable giving your 10 minute story, then please go ahead and introduce the speaker so that there is even more time for 2 minute pitches after the speaker's share.]

28. **SPEAKER 20 MINUTE SHARE:** I would now like to introduce our guest speaker _____, who qualifies for 20 minutes.

[MEETING LEADER NOTE: Please ask the speaker to share how they would like their 20 minutes timed and to please share his/her phone number at the end of their share.]

28. **TWO MINUTE PITCHES/SHARES:** The floor is now open for two minute positive pitches. All pitches should be of a positive nature in which you share your growth and recovery. Please unmute your phone by pressing * 6 if you'd like to pitch. You don't have to be a sponsor. Would anyone care to share?

[MEETING LEADER NOTE: The meeting ends at 10:00 pm EST. at 9:53 EST, please announce that this will be our last share. Please stop shares at 9:55 EST.]

29. I want to thank you for allowing me to be your leader for this meeting. A big thank you to all who participated and shared their experience, strength, and hope, especially our speaker _____.

30. May we please have the “Just for Today” reading? You do not need to be a sponsor to volunteer for this service.

CLOSING STATEMENT: To those who are still new to the program, we remind you that all that was said here tonight should safely remain here, as we respect and cherish our tradition of anonymity. We also assure you that following the program of recovery through the 9 Tools, 12 Steps, and 12 Traditions will help you achieve and maintain a healthy body weight. Abstinence will remove the craving. Our way of life will remove the compulsion in time, and give you contentment and fullness in all areas of life.

Will you please unmute your phone now, and after a moment of meditation, please join me in saying the Serenity Prayer? Let’s pray for those still suffering.

“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. Thy will, not mine, be done.”

[MEETING LEADER NOTE: Please stay after the meeting to answer any questions for the new comers or fellows. Thank you for your service!]