

# Write Thinking For Today

## Leader's Format

**\*\*The leader's lines have been highlighted in blue\*\***

Welcome to the Thursday afternoon Write Thinking For Today meeting of Overeaters Anonymous. My name is \_\_\_\_\_ and I am a compulsive overeater and your leader for this meeting.

First, some Zoom basics:

- Please mute yourself when not speaking as a courtesy to other attendees. Click the microphone icon on the bottom left of the Zoom window to mute and unmute.
- You are able to change how your name appears by clicking on the three dots next to your name and selecting “change name” in the dropdown menu. Some people choose to put their phone #s after their names.
- Zoom has a “raise your hand” icon. Click on “participants” at the bottom of the Zoom window. A separate window will open. It is one of the options at the bottom.

Would everyone please join me in reciting 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.  
Amen.”***

OA is a fellowship of individuals, who, through shared experience and mutual support, are recovering from compulsive overeating. Are there any other compulsive overeaters here beside myself?

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 institution, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

How many people are here for their first, second or third time? Not to embarrass you, but so that we can get to know you, will you please unmute and give us your first name(s)?

May I have a volunteer to read “**The Twelve Steps?**”

## The Twelve Steps

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.

May I have a volunteer to read **“The Twelve Traditions?”**

### **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 conscious. 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 or 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.

May I have a volunteer to share for 1 minute on one of OA's nine **Tools**?

*(Volunteer chooses one.)*

***Plan of Eating***

***Sponsorship***

***Meetings***

***Telephone***

***Writing***

***Literature***

***Action Plan***

***Anonymity***

***Service***

***For Today*** is a book of daily meditations that inspires the compulsive overeater to abstain from this disease one day at a time. Someone will read today's passage from the book, and then we will write about it for ten minutes. (The timer will ring at nine minutes, and then we will have a final minute to wrap up our writing.)

Afterwards, the meeting will open up for three minute pitches during which you are encouraged to share what you have written with the group. However, you may share on another topic if you need to.

May I have a volunteer to time for today's meeting?

Lastly, may I have a volunteer to read the passage from "For Today?"

*(Meeting writes for ten minutes. Scroll down for message to people joining the meeting late.)*

# This is a writing meeting.

## The ten-minute

writing portion of the  
meeting is currently  
in progress.

*If you're joining us late, feel free to  
write on today's For Today passage  
or any other subject or to meditate  
until the  
writing period is over.*

It is now time for secretary's announcements, so I'll turn the meeting over to our secretary, \_\_\_\_\_ .

**\*\*The secretary's lines have been highlighted in blue\*\***

### **Secretary's Format**

Hello. My name is \_\_\_\_\_ and I'm a compulsive eater and your secretary for this meeting.

First, please join me in thanking \_\_\_\_\_ for leading the meeting this afternoon.

We would like to extend a warm welcome to our newcomers. Did any newcomers come in after the meeting began? **Please keep coming back.**

Tradition 7 states that we are fully self-supporting by our own voluntary contributions. The LA Intergroup has asked that we continue to make donations to cover costs. Go to [donate.oalaig.org](http://donate.oalaig.org) to contribute.

We give virtual chips and candles at this meeting to celebrate lengths of abstinence. May I have a volunteer to be our virtual chip person today?

*(Volunteer acknowledges: Newcomers, people w/30 days, 60 days, 90 days, 6 months, 9 months and anyone celebrating a birthday.)*

The following service positions are available at this meeting: *Timer, Chip Person; Delegate & Newcomer Contact.* If you're interested in taking a service commitment please speak up now or contact me after the meeting.



Are there any other OA-related announcements? (Announce upcoming events, read flyers, etc.)

On behalf of all of those who volunteered to help today, I thank you for allowing us be of service. I will turn the meeting back over to today's Leader.

*(Leader continues:)*

Now is the time for three minutes pitches. We want to give as many people as possible the opportunity to share, so please wrap it up when the timer beeps. Group conscious requires no cross talk, which includes private conversations or responding to anyone else's share with anything other than, "Thank you for sharing." While the group realizes that many of us may be cross-addicted, we request that, in this meeting, you refer only to your difficulties with food when identifying. A respect for unity means that individuals keep in mind the ground rules of the group. ***Please click the "raise your hand" icon or physically raise your hand/wave at the screen. Pitches stop at 12:50 pm.***

*(At 12:50:)*

That's all the time we have for pitches. If you still need to share, please reach out one of us after the meeting. We'll be glad to listen. Don't let it build up -- we wouldn't want you to eat over it.

May I have a volunteer to read ***"A Vision For You"*** or ***"The Promises"***.

*(Volunteer chooses one.)*

**The Promises**

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 may have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. 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.

### **A Vision for You**

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask him in your morning meditation what you can do for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with God is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to God and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you — until then.

Now, after a moment of silent meditation, will \_\_\_\_\_ lead us in the program prayer of his/her/their choice?