



# Saturday “Back 2 Basics” Big Book Study VIRTUAL Meeting Format Rev. 09/05/2020

*To the Meeting Chair: The meeting is to begin at 8:30 A.M. Please read the quoted text in the format as written as it was determined by group conscience and adapted for use in a virtual setting. Text in italics indicates instructions to you. Reading/Sharing ends at 9:26 to allow time for the closing readings and prayer.*

“Welcome to the Saturday morning 8:30am Back 2 Basics meeting of Overeaters Anonymous. My name is \_\_\_\_\_. I am a compulsive eater and your leader for this meeting.”

“Will those who wish, please join me in the Serenity Prayer:”

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

“As we extend the heart and hand of the OA Fellowship to those who still suffer, let us be mindful of OA’s 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, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait. Are there any compulsive eaters here besides me?”

“Will everyone please introduce yourselves? And, if there is anyone here for a first, second, or third time, returning to OA, or visiting from another area, would you please tell us your first name so we can welcome you?” *[Welcome each person by name.]*

“We encourage you to:

- get a sponsor to help guide your recovery;
- develop a plan of eating, and if you wish, write it down, and report daily to your sponsor; and
- read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.”

“The following is the OA Preamble: Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. 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 compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.”

“Will someone please read **“How It Works”** (AA BIG BOOK, Chapter 5, p. 58 in the 4<sup>th</sup> Edition)

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault: they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it – then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with alcohol – cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power – that One is God. May you find Him now.

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

“Will someone please read **The Twelve Steps** (OA 12 & 12, 2<sup>nd</sup> edition. Pg. 169)

Here are the steps we took, which are suggested as a program of recovery:

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 & 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.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

"Will someone please read **The Twelve Traditions of OA?**" (OA 12 & 12, 2<sup>nd</sup> edition, Pg. 170)

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 out-side 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 above personalities.

**TOOLS:** “The OA tools of recovery help us work the Steps and refrain from compulsive overeating. The nine Tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, an action plan, anonymity, and service.”

**SPONSORS:** “Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the Twelve Steps and Twelve Traditions to the best of their ability. Sponsors share their program up to the level of their experience, and they strengthen their recovery through this service to others. To find a sponsor, look for someone who has what you want and ask how he or she is achieving it. Will all abstinent sponsors please identify themselves?” *[Pause while attendees look around the room.]* “Will all available sponsors please state your name and availability?”

**LITERATURE:** “Only OA-approved literature is *discussed or utilized*, at this meeting.”

**REPORTS:**

*[Secretary makes announcements; presents chips and medallions, if customary. Intergroup representative’s report and Treasurer’s report are to be given once a month.]*

“**Our Secretary** (or, *Chair in Secretary’s absence*) will present tokens or medallions.”

We acknowledge individuals who have reached certain milestones of recovery with a thumbs up or clap. In the past week has anyone reached a 30, 60, or 90-day milestone of recovery? Has anyone reached a 6- or 9-month milestone? If you have a year or more, please talk with your sponsor. Would anyone like to pick up a Re-Commitment token; or, is anyone anticipating a rough 24 hours during the next week?

“Does our **Secretary, Treasurer, or Intergroup Representative** have announcements or reports today?”

“Are there any other announcements for the good of OA?”

**SEVENTH TRADITION:** “According to our Seventh Tradition, we are self-supporting through our own contributions.

**SERVICE:** “If you would like to participate in communication with others in OA regarding

program-related information, please add your name, email, and mobile phone number in a ZOOM Chat message to “Everyone.”

Members also give service by chairing meetings. Would anyone like to chair on one of the open dates on the shared spreadsheet.

**SUGGESTED GUIDELINES FOR SHARING:** These are the suggested guidelines for sharing: As you share your experience and strength in OA, please also share your hope. Please confine your sharing to your experience with the disease of compulsive eating, the solution offered by OA, and your own recovery from the disease, rather than just the events of the day or week.”

“The conscience of this group asks that all of your shares be directly related to the readings of the day from the Big Book. We identify with the text and share what the stories and instructions in the text mean to us as we use the program to overcome daily life challenges.”

“If you are having difficulties, and need to talk more about them and seek solutions, we suggest you speak to your sponsor and other members after the meeting.”

**THIS MEETING’S CHOICE:** “This meeting focuses on the instructions for recovery found in the Big Book. Today, we are starting on page \_\_\_\_\_. We will progress slowly and deliberately. Readers may share or pass. Our intent is that each of us will have the opportunity to share. Please keep each share to 3 minutes. When the meeting chair observes the text has been thoroughly discussed, the next portion of the text will be read.”

“Feedback, cross talk, and advice-giving are discouraged here. Cross talk during an OA meeting is giving advice to others who have already shared, speaking directly to another person rather than to the group, and questioning or interrupting the person speaking/sharing at the time with questions, comments, or side conversations.”

“We also ask everyone to respect our group conscience. We talk about specific foods at this meeting. It is important for us to speak to what was ailing with us and how we use the program to recover. The chair for each meeting has the discretion to suggest to anyone sharing that he or she is off topic or is speaking too long. This meeting asks you to accept this suggestion in order to keep the meeting on track.”

“Sharing will end at 9:26. I will start reading on page \_\_\_\_\_, the \_\_\_\_\_ paragraph.”

**CLOSING:**

“Will our Tech Host please record next week’s ‘start’ page & paragraph number?”

“By following the Twelve Steps, attending meetings regularly, and using the OA Tools, we are changing our lives. You will find hope and encouragement in Overeaters Anonymous. To the newcomer, we suggest attending at least six different meetings to learn the many ways OA can help you. The opinions expressed here today are those of individual OA members and do not represent OA as a whole.”

“Please remember our commitment to honor each other’s anonymity: Whom you see here, What you hear here, When you leave here, Let it stay here.” **“HERE! HERE!”** “Let us all reach out by phone or email to newcomers, returning members, and each other. Together we get better.”

“Thank you for the opportunity to serve as today’s meeting chairperson. Will someone please do our closing reading from A Vision For You on page 164 of the Big Book?”

### **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 each day 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 Him is right, and great events will come to pass for you and countless others. This the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him 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.

“After a moment of silence, will those of you who wish please join us in the Third Step Prayer from page 63 of the Big Book:”

**“God, I offer myself to Thee – to build with me and to do with me as Thou wilt.**

**Relieve me of the bondage of self, that I may better do Thy will.**

**Take away my difficulties so that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life.**

**May I do Thy will always!”**