**SUNDAY, 10-11AM (ET)**

**OA PHONE MEETING**

**UNCONVENTIONAL SPIRITUALITY (#55146)**

Phone: [712-432-5200](tel:(712)%20432-5200" \t "_blank).   Pin: 579#     Moderator Code: \_\_\_\_  (If not on moderator code, press \*1 to unmute yourself.   Moderator: Mute /Unmute meeting: \*5.

Callers: mute /unmute: \*1.  Check caller count: \*0)

[Leader, please call by 9:55am ET. Callers are muted when they dial in, so it’s OK to remind members “press \*1 to unmute” at any time members are invited to share during the meeting, at half-time, or after the meeting.]

**INTRODUCTION**

Good morning. Welcome to the OA Sunday Unconventional Spirituality phone meeting, 55146. My name is \_\_\_\_\_\_. I’m a compulsive overeater and your leader for this meeting. After a moment of meditation, will all who wish to, please press \*1 to un-mute and join in opening our meeting with the first 2 lines of the OA Promise: “I Put My Hand In Yours.”

"OA PROMISE: I PUT MY HAND IN YOURS AND TOGETHER WE CAN DO WHAT WE COULD NEVER DO ALONE. . .”

I’ll mute the line. [PRESS \*5 to mute everyone except leader.]

To unmute, please press \*1, and after sharing please press \*1 to remute.

[**Not read aloud**: At this meeting we have four different formats. The leader either picks a topic, invites a speaker, decides if we will read from OA literature, or chooses if the meeting will focus on newcomers. (Effective 2/9/20)]

Today is going to be a [Topic/Speaker/Literature/Newcomer] meeting.

[If literature, give a heads up:] We’ll be reading from \_\_\_\_\_\_\_\_\_\_, if you want to get that.

As we extend the heart and hand of 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.” In addition, our Third Tradition says “The only requirement for membership is a desire to stop eating compulsively.” Whatever problem you may have with food, you are welcome at this meeting.

At this meeting, we read the **OA Preamble** and then the Meeting Preamble. To do the service of reading the OA Preamble, press \*1.

“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 12 steps of OA to those who still suffer.”

Thank you for giving service.

To do the service of reading our **Meeting’s Preamble**, press \*1.

The focus of this meeting is unconventional spirituality. We welcome all spiritual perspectives and beliefs including agnostics, atheists, seekers, and non-believers. OA allows members the freedom to define and develop our own spirituality. This meeting offers an open, accepting forum for members with varied spiritual perspectives to discuss how we work the program and achieve recovery.

Thank you for giving service.

The meeting has taken a group conscience on sharing: There is no abstinence requirement to share, and there is no requirement to share. We all do service by being here. Both sharing and listening are being of service to ourselves and our fellows in OA. Newcomers, returning members, and those new to this meeting are welcome to share.

When you share, please refrain from naming specific foods as that could stimulate food thoughts, which are counter-productive to our purpose.

[**Note to moderator (not to be read aloud**): Sugars are considered a food and should not be mentioned specifically during a share.]

We also refrain from cross-talk. “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 or sharing at the time.” The moderator has a responsibility to the group to uphold these sharing guidelines by giving gentle reminders.

We need two service positions just for today’s meeting. We invite everyone to contribute to the meeting by doing service.

First, we need someone to write phone numbers and repeat them if needed after the meeting.

This is a disease of isolation; we are invited to share our contact information so we can use the tool of the telephone and stay in touch between meetings. After you read or share, you may give your contact information and best times to reach you. If you choose to give your contact information, please say it twice. To do the service of writing contact information, press \*1.

We also need a timekeeper. At 3 minutes, the timekeeper gently says, “Gentle reminder” so member can finish that thought. To do the service of timekeeper, press \*1.

[If no volunteers, ask again before sharing begins or suggest at that time that members write down numbers and time themselves.]

**[If today is a Speaker meeting:]** We share on our E-S-H in our OA recovery for 15-minutes, especially noting our spiritual journey, whether still searching, atheist, agnostic, or having had a spiritual experience. Our speaker is \_\_\_\_\_\_. \_\_\_\_\_\_\_; please press \*1. Would you like a 7 min and 3 min reminder?”

[Leader, AFTER THE SPEAKER IS DONE]  Thank you very much for sharing your E-S-H in recovery with us this morning. To share, press \*1.

**[If today is a Literature meeting:** (OA approved literature only)]

Today, we’ll read from \_\_\_\_\_\_\_ (book, pamphlet) page \_\_\_\_, the paragraph starting \_\_\_\_\_\_ .

To share the service of reading, press \*1. We can take turns, each reading (x number ) of paragraphs.

**[If today is a Topic meeting,** the leader may read from OA approved literature or share briefly on the topic.] The topic for sharing today is \_\_\_\_\_\_\_\_\_\_\_\_.j

**[If today is a Newcomer focus]** Members who have shared in the last three meetings are asked to refrain from sharing. This meeting’s focus is giving new members a safe platform and encouragement to share. Newcomer is defined as anyone who has joined our meeting in the last year.

The leader has the discretion to remind members who have shared in the last three meetings of this format. Our topic today will be \_\_\_\_\_\_\_\_\_\_.

(The leader may say encouraging things, provide short anecdotes, and allow times of silence. This is necessary so that new members don’t feel they are taking other’s sharing time. Any topic or literature may be discussed.)

**[After Topic/Speaker/Reading/Newcomer]**

A reminder: we allow 3 minutes for sharing. The timekeeper lets speakers know when 3 minutes have passed so they can wrap up their share. [If needed, ask again for volunteers for service positions.] To share, press \*1.

**HALF TIME**  [at about the half-hour mark, between shares:]

The focus of this meeting is unconventional spirituality. We welcome all spiritual perspectives and beliefs including agnostics, atheists, seekers and non-believers.

My name is \_\_\_\_\_. I am your moderator and my contact info is \_\_\_\_\_\_\_\_ [if you choose to leave it.] (phone#, times, time zone, cell, home, email)

[Reminder of meeting topic for members who may have called in late]

Today’s topic is \_\_\_\_\_\_ or you may share on how you are using OA to deal with life.

We welcome anyone who is here for the first time. If you are a newcomer, returning member, or new to this meeting, press \*1 to introduce yourself and leave contact information for outreach calls if you’d like.

If you are a sponsor with time available or can help someone get started, press \*1.

Our meeting format is available on our online bulletin board. Our bulletin board also has resources and group conscience items. To get on the board, give your email by a text or a call to (fellow and phone number)

Service keeps us sober. Leading is a great way to serve the meeting. It can also be an important part of your recovery. This meeting strongly suggests a leader abstain from compulsive eating and compulsive food behaviors.

Would our moderator coordinator please let us know who is scheduled to moderate next?

[If the moderator coordinator is not at the meeting, give moderator coordinator name and number.]

A similar meeting called “We Agnostics” is held Wednesday at 7pm/Eastern time, 4pm Pacific time. The meeting phone number and pin are the same as this meeting.

Does anyone need other information about this or other OA meetings, or have any other OA announcements?

Our 7th Tradition states that every OA group ought to be fully self- supporting, declining outside contributions. You may use our meeting number, 55146, to contribute at the **Virtual Intergroup** site **[oaphonemeetings.org](http://oaphonemeetings.org/" \t "_blank)** or at **[oa.org](http://oa.org/" \t "_blank)**. You may choose to contribute anonymously at your next face-to-face meeting.

We hold a brief group conscience meeting on the second Sunday of the month after the meeting at 11:00 am ET. Everyone is welcome.

**[Resume sharing]**

**We encourage people who have not shared recently to please feel free to do so now.**

[Leader can remind members: “You may share on the topic, or whatever supports your recovery”]

**CLOSING**: [3 min before meeting ends] Thank you everyone for sharing. It’s time to wrap up the meeting.  Thank you for allowing me to be your leader, and thanks to everyone who did service for our group today: by pitching, by listening, and by being at this meeting.

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. “What you hear here, whom you hear here… when you leave here, let it stay here.

Let us all reach out by phone or email to newcomers, returning members and each other. Together, we get better.

Would all who wish to, press \*1 to un-mute and join me in closing our meeting with the first two lines of the **OA Promise** and the slogan: “Live and Let Live!”

“OA PROMISE: I PUT MY HAND IN YOURS . . . AND TOGETHER WE CAN DO WHAT WE COULD NEVER DO ALONE . . .” “Live and Let Live!”

The meeting is now over. Thanks again, everyone.

[**Suggested After Meeting Format:]**

Does anyone need contact information repeated?

Are there sponsors who want to give their numbers?

Anyone have any questions?

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**Service positions** [do not read, for information only] [positions may be shared]

**Leader**: [Abstinence suggested (abstinence duration not defined)]: picks week’s focus and or literature, topic; reads format, gently upholds meeting group conscience items. Meeting suggests that members attend several meetings before moderating to become familiar with the group conscience.]

**Timekeeper** [allows sharing members 3 min, gently saying “gentle reminder” at 3 min mark and allowing member to wrap up.]

**Contact info writer** [records name and contact info to be repeated at end of meeting, if requested]

**Group Conscience Mtg leader** [chairs monthly meeting, 2nd Sun of month; see document at yahoo group for format details.]

**Longer-term:**

**Contact for [oa.org](http://oa.org/" \t "_blank)** : [lists member name and contact data to provide info to new, returning, visiting members] [Name of volunteer and service dates]

**Moderator Coordinator**: [gets, tracks, supports leaders for meetings] [Name of volunteer and service dates] rotating 2019: [Name of volunteer and service dates]

**Format keeper**: [updates format based on group conscience decisions; transmits format to leaders, as needed]: [Name of volunteer and service dates]

**Email group (invisible to non-members) gatekeeper:** [receives requests from members wishing to join; uses email group to send these members invites; assists members to access the site and to manage the members own profile] [Name of volunteer and service dates]

**Virtual Intergroup of OA Co-reps:** [attends monthly VIG phone meeting, acts as communication conduit; votes group conscience items to the best of member’s ability, for the good of OA as a whole] [Name of volunteer and service dates]

**Dashboard:** [guided by Traditions, and group conscience, supports uninterrupted meeting time] [Name of volunteer and service dates]

**Changes**:

12/8/19: updated to show new name of intergroup (updated by name)

2/9/20: No longer read aloud: At this meeting, we have four different formats...