Secular Recovery Tuesday 7 pm CT script

Hello! Welcome to our Secular Overeaters Tuesday meeting. This is an open meeting, where everyone is welcome. My name is \_\_\_\_\_\_\_\_ and I am a compulsive overeater.

Secular Overeaters is a group of individuals who, through shared

experience, strength, and hope, are recovering from compulsive overeating. The only requirement to be here is a desire to stop eating compulsively. We intend to be a safe, inclusive space that offers identification, community, and support to people who want freedom from compulsive eating without the need to adopt a belief in a personal God.

We begin with a few housekeeping items:

1. This meeting is not directly affiliated with OA. We do use some of the language and tools, but we are not bound by traditional approaches to recovery.
2. Please mute yourself when you are not speaking.
[\*6 mutes/unmutes telephone members]

3. Our contact list link will be shared in the Chat box. Please add your information to this document and use the information to stay in touch with each other!

4. In this meeting we do allow cross-talk in that we are allowed to comment on someone else’s share in a way that is supportive, respectful, and encouraging. Please do not interrupt someone else’s share. If you do not want anyone to comment on your share, please tell us this during your share.

5. If you would like to stay after the meeting to chat more, we do have half an hour for our use in the zoom room after the meeting.

At this time, please introduce yourself if you would like to. Let us know if this is your first time to this meeting! (pause and wait)

Are there any announcements?

Today is the \_\_\_\_\_\_\_\_ Tuesday of the month, so today our meeting will focus on:

1st Tuesday: how members work a secular approach to the steps. Today we will discuss Step \_\_\_\_\_. (Chairperson reads different variations/interpretations of this particular step and then opens for sharing.)

2nd Tuesday: alternative literature. Today I will read from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and then the meeting will be open for sharing.

3rd Tuesday: reviewing the various tools of recovery and then the meeting will be open for sharing. (HOST: screen share tools of recovery document). We will first read all of the tools of recovery. Please take a turn reading one and then say “pass.”

Please share on any of the tools of recovery and how they have helped you in your recovery. You may also choose to just share generally about your recovery at this time - what you are working on, or goals you have.

4th Tuesday: member-suggested topics. Please suggest some topics now that you are interested in, and I will share them in the Chat box. (take suggestions now - 2-4 ideas).

5th Tuesday: chairperson’s choice!

This meeting is now open for sharing. You may choose to share on your thoughts or experience related to the reading/topic, or you may share anything related to your recovery. Please be aware of the number of people in the meeting and keep your share to 3-5 minutes so that everyone has a chance to participate. If your share goes on for more than 5 minutes, we will let you know that it has been 5 minutes so you can wrap up. Please use the raise hand function if you would like to share and we will call people in order. Host: lower hands once person has started talking so Chair knows who to call next)

Thank you for all for your shares!

Host: post the following link: <https://secularovereaters.org/so-donate/>

To help pay for this zoom space, please see the link in the chat box to send money to [secularovereaters.org](http://secularovereaters.org). If you can’t afford to give, don’t worry. We need you in this group more than we need your money.

In closing, we would like to remind you that anonymity is a foundation of this program. Who you see here, what you hear here, please let it stay here. In terms of what we talked about, take what you like and leave the rest. Our connection to ourselves, and to other compulsive overeaters is more powerful than our disease. We need each other and we hope that this meeting will have served to support and encourage you wherever you are at in your recovery.