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The Bridge — Meeting Script

Welcome

Welcome to the _____ (Tuesday / Thursday / Saturday / Sunday) meeting of "The Bridge" — a bridge between OA and other 12-step recovery.

My name is _____, I'm a _____, and I'll be your leader today.

The Bridge

The Bridge is an **open OA meeting with meetings on** Tuesday, Thursday, Saturday, and Sunday. Tuesday/Thursday are sharing meetings, Saturday focuses on the tools, and Sunday is a step study. All meetings use the same Zoom ID and passcode.— everyone is welcome, including those who found recovery through the 12 steps in another program. You may mention alcohol, drugs, or other compulsive behaviors if it relates to your recovery from compulsive eating.

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 attribute.

OA also recognizes the Big Book and other AA literature as official OA literature.

Please honor each other's anonymity: *"What you hear here, whom you see here, when you leave here, let it stay here."*

Serenity Prayer (We Form)

After a moment of silence, please join me in the "we" form of the Serenity Prayer.

PAUSE

God, grant us the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference.

Newcomers

If this is your 1st, 2nd, or 3rd meeting of OA, or you're returning to OA, please introduce yourself so we can welcome you.

[Welcome each person by name]

OA Preamble

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive eating.

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

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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.

[Ask someone in advance to read this if possible.]

The Twelve Steps of OA

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 practice these principles in all our affairs.

“But I’m too weak. I’ll never make it!” Don’t worry, we have all thought and said the same thing. The amazing secret to the success of this program is just that: weakness. It is weakness, not strength, that binds us to each other and to a Higher Power and somehow gives us an ability to do what we cannot do alone.

If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone anymore. Welcome to Overeaters Anonymous. Welcome home!

Tools of the Program

The tools help us work and live the 12 steps:

1. A plan of eating
2. Sponsorship
3. Meetings
4. Telephone

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5. Writing
6. Literature
7. Anonymity
8. Service
9. Action Plan

The definitions of abstinence and recovery in Overeaters Anonymous are:

Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis."

Fellowship & Outreach

Please share your contact info in the chat and take numbers to connect for outreach and fellowship.

Sponsorship is key to our success. Sponsors commit to abstinence and to living the 12 Steps and 12 Traditions to the best of their ability. To find a sponsor, look for someone who has what you want, and ask how they're doing it.

If you are available to sponsor — please post your contact info in the chat.

There's also a WhatsApp group for fellowship; the link will be posted. All info about The Bridge is at **oabridge.org**.

Are there any OA announcements?

Reading

[Introduce the reading. Per Group Conscience, use only OA/AA Conference-approved literature on Tuesdays and Thursdays.]

[If Tuesday or Thursday:] Tonight we will be reading _____.

Sharing

We'll now open the meeting for sharing. Please keep your sharing focused on your experience with compulsive eating (or another compulsive behavior in your past), the solution OA offers, and your own recovery.

Raise your hand using "Raise Hand" in Zoom (or under "More"). Crosstalk and advice-giving are discouraged. If no one raises a hand, I'll call on people. You'll have 3 minutes — please watch the timer.

The meeting is now open. Who would like to share first?

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Closing - *[Close the meeting two minutes before the hour.]*

The Bridge welcomes new members! Having a home group strengthens our commitment to ourselves, each other, and the program — consider making this your home group.

We are self-supporting through our own contributions. 7th Tradition information will be posted in the chat.

Looking to do service? For Tuesday, Thursday and Sunday Host and Leader positions are 1-month commitments with no abstinence requirement. The sign-up worksheet link will be posted in the chat.

For Saturday please volunteer for either Host or Leader for the following week at the end of the meeting.

After we close, please stay online and join us in the Parking Lot for fellowship and support.

After a moment of silence for the compulsive eater who still suffers and doesn't yet know there's a solution, please unmute and join me in the Serenity Prayer.