

**FOR TODAY 8AM MEDITATION MEETING SCRIPT**  
**1/04/25 KE**

Meeting Host Script: black font no highlight, **notes in bold red**

Screen Share Notes: green highlight

Copy and Paste: yellow highlight

Pre-Meeting Host Notes: blue highlight

- Pre-Meeting Claim host (before meeting starts)
  - Enable waiting room & disable renaming
- Assign co-host and rename volunteers (and Speaker) as they log on
  - Assign any position not filled on SignUp Genius
  - Mute all at 7:59 INCLUDING YOURSELF

"Welcome! Our meeting will begin after this moment of silence."

- 1) **Welcome** to the For Today Meditation Meeting of Overeaters Anonymous.  
**My name is \_\_\_\_\_, I am a(n) \_\_\_\_\_ (compulsive eater, anorexic, bulimic, etc.)** and your Meeting Host for this meeting.

Screen Share: I VERSION "Serenity Prayer"

With lines muted, please join me in opening the meeting with the Serenity Prayer. "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference."

- 2) **Online Etiquette:** We ask you to keep your video turned off if you are eating, smoking, or doing anything other than sitting and participating in this meeting so that we can minimize distraction.
- 3) **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.
- 4) **OA's Unity with Diversity Policy:** 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.
- 5) Who would like to read the 12 Steps which will be on the screen? Who would like to read the Tradition of the Month?

## Screen Share: 12 steps and Tradition of the Month

- 6) **Service:** Any form of service, helps reach a fellow sufferer and adds to the quality of our own recovery. Anyone interested in service, please contact **DOREEN** whose information is in the chat.

**POST AT 8:15 AM**

If you would like more information about service,  
please contact Doreen at (201) 893-5085

Go to our website at <https://fortoday8et.org>

for information regarding:

- Newcomer's Packet
- How to Donate
- We Care List (member contact list)
- Group Conscience Meetings
- Sign up for service

For Today WhatsApp group,

<https://chat.whatsapp.com/KmRmCJsI1vF8bRZqA95R14>

or email: [milehighokie@yahoo.com](mailto:milehighokie@yahoo.com)

We are discussing the reading for **DATE** from "For Today."

The chat will be open at 8:45am

- 7) **Sponsorship:** Will all available sponsors please include your contact information in the chat?
- 8) **7th Tradition:** According to our 7th tradition, we are self-supporting through our own contributions. The expenses for this meeting are the zoom room, website, and newcomer packets. The rest is sent to the OA World Service Office to help carry the message to other compulsive overeaters. We encourage OA members to give as much as they are able, to help our group be self-supporting. Remember that making a regular donation is another form of service. You can make a donation via our website.
- 9) **Website:** Please visit our website to find information about our meetings, make donations for our seventh tradition, sign up for service and add your name to the We Care List, which is our group contact list. The website address is [fortoday8et.org](https://fortoday8et.org). Spelled out it is F - O - R - T - O - D - A - Y, the numeral 8, E - T, as in Eastern Time, all one-word, dot org. The link is provided in the chat.
- 10) **Information and Announcements:** For security reasons, the ability to rename yourself has been disabled. Your last name and telephone number is automatically removed. However, if you would

like to have a different name shown, please private chat to **NAME**\_\_\_\_\_ who is renaming today. Please check the chat as important information will be posted. The chat will be closed until 8:45, at which time it will be opened so we can share contact information for outreach and/or sponsorship. Are there any other OA related announcements? **[allow time to unmute]**

- 11) Today's reading is **DATE** in "For Today." The reading will be shown on the screen. If you are a newcomer or have not recently read, please raise your electronic hand if you would like to volunteer. **Please pause briefly ... Now, choose someone that has not recently read.**

**a) MEDITATION MEETING:**

Screen Share Today's Reading with Optional Workbook Question

Disable capability to unmute and change chat to host and co-host only

Thank you. We will now have a 5-minute meditation on the reading which will remain on the screen. **MUTE YOURSELF AND START YOUR TIMER, stay muted for 5 minutes.**

Copy Optional Workbook Question from the For Today reading slide and place in the copy/paste chat box to everyone.

**b) SPEAKER MEETING ONLY:**

Thank you. We will now have a 15-minute share from our Speaker for **MONTH, NAME. NAME**, how would you like your share to be timed?

**MUTE YOURSELF AND START YOUR TIMER, stay muted for 15 minutes.**

**12) Sharing:**

Now we will open the meeting to shares. The timekeeper, who is **NAME**\_\_\_\_\_, will say, "Gentle reminder" after 2 minutes. At that time, please acknowledge the timekeeper and promptly wrap up your thoughts. Phone participants, enter star 6 to mute and unmute, star 9 to raise your hand. Video participants, click "Raise Hand" at the bottom of your screen or in the "More" menu. Feedback, crosstalk and advice giving--during shares and in the chat--are discouraged here. Please do not directly comment on someone's share or refer to another member by name. If you would like to reach out to someone for encouragement or in gratitude, please private chat them. If you have a concern about another member, please either contact your sponsor or the member directly. Similarly, if you have a concern about the meeting either contact your sponsor or submit an agenda item for the Group Conscience (GC) meeting.

**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. If you are having difficulties, share how you use the

program to deal with them. If you need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting.

Who would like to share on what was read? **MUTE YOURSELF DURING SHARES. Please simply reply “Thank you for sharing” with no feedback (crosstalk) or commentary.**

**POST AT 8:45 AM**

The chat is now open.

Available sponsors please put your contact information in the chat.

**SEPARATE CHAT BOX:**

Go to our website at <https://fortoday8et.org>

for information regarding:

- Newcomer's Packet
- How to Donate
- We Care List (member contact list)
- Group Conscience Meetings
- Sign up for service

For more information about service, please contact Doreen at (201) 893-5085

For Today WhatsApp group

<https://chat.whatsapp.com/KmRmCJs1vF8bRZqA95R14>

or email: [milehighokie@yahoo.com](mailto:milehighokie@yahoo.com)

We are discussing the reading for **DATE** from “For Today.”

### 13)Closing: takes about 2 minutes to close

Newcomers, we're glad you are here. Immediately after the close of this meeting, everyone is invited to our After-Meeting for additional fellowship. This is an informal time where For Today meeting regulars, meeting first timers, and OA newcomers have a chance to ask questions and get to know each other better in a relaxed setting. Please stay if you can. **NAME**\_\_\_\_\_ is our Host for the After-Meeting today.

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.

**Screen Share: "A Word on Anonymity":**

"Whom you see hear, what you hear here, when you leave here, let it stay here"

**Screen Share: "OA Responsibility Pledge"**

"Always to extend the hand and heart of OA, to all who share my compulsion, for this I am responsible."

After "Responsibility Pledge" enable the unmute function in security  
and ask all to unmute

**Screen Share: WE VERSION "Serenity Prayer"**

- Will all who care to please unmute and join me in the "we" version of the "Serenity Prayer".  
"God, grant us the serenity to accept the things we cannot change, courage to change the things we can, and the wisdom to know the difference."

Before leaving the room, assign Host to the After Meeting Host.  
This will prevent the room from inadvertently being closed prematurely.