Leader Format
Pizza Box Group

1) Good evening and welcome to the **Pizza Box Group of Overeaters Anonymous**. My name is _____ and I am a Compulsive Overeater and your leader for tonight.

Will you please join me in the **Serenity Prayer**:
"God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." Amen.

From the **Big Book of Alcoholics Anonymous** (pages 132 and 133):
We have been speaking to you of serious, sometimes tragic things. We have been dealing with compulsive overeating in its worst aspect. But we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life. We try not to indulge in the cynicism over the state of the nations, nor do we carry the world's troubles on our shoulders. When we see a man sinking into the mire that is compulsive overeating, we give him first aid and place what we have at his disposal. For his sake, we do recount and almost relive the horrors of our past. But those of us who have tried to shoulder the entire burden and trouble of others find we are soon overcome by them. So we think cheerfulness and laughter make for usefulness. Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past. But why shouldn't we laugh? We have recovered, and have been given the power to help others. Everybody knows that those in bad health and those who seldom play, do not laugh much. So let each family play together or separately, as much as their circumstances warrant. We are sure that God wants us to be happy, joyous and free. We cannot subscribe to the belief that this life is a vale of tears, though it once was just that for many of us. But it is clear that we made our own misery. God didn't do it. Avoid then, the deliberate manufacture of misery, but if trouble comes, cheerfully capitalize it as an opportunity to demonstrate his omnipotence.

2) Will someone please read, "**More About Compulsive Overeating**" from the **Big Book of Alcoholics Anonymous**?

3) Are there any newcomers, people with less than thirty days, who would like to stand up and introduce themselves?

4) Who would like a newcomer packet?

5) Are there any visitors from outside the Orange County area?

6) We will now go around the room and introduce ourselves, starting on my right. If you are an available sponsor please introduce yourself and qualify with your length of abstinence and weight loss.

7) At this meeting, we study the **Big Book of Alcoholics Anonymous**. When reading, please substitute words such as Food for Alcohol and Compulsive Overeater for Alcoholic, as we believe we have the exact same spiritual malady.

8) Each reader is asked to read a paragraph or two and then share on what has been read and how it may relate to one's disease of Compulsive Overeating. Sharing is timed for three minutes and when the buzzer rings, you will be given one additional minute to wrap up. Please be courteous of the timer so as to allow as many people as possible the opportunity to read and share. We will start reading on page _____, beginning with paragraph _____**.**
Leader begins.

9) We will take a 5-minute break at 7:40 to welcome Visitors and Newcomers. Timer, please set 5 minutes to return at 7:45.

10) This meeting recognizes sustaining periods of abstinence through chips. The chip person will provide chips to those with periods of abstinence beginning at thirty days. All chip takers are asked to limit their share to 1 minute and the birthday people are asked to limit their shares to 3 minutes. Let's start with the newcomers.

11) Now is the time for the **7th Tradition**. OA is self-supporting through our own contributions. Money donated is used for rent, literature and the cost of materials. In the last week of the month, we pass an extra basket just for Orange County Intergroup. Newcomers are asked not to give, but to purchase literature instead.

12) This meeting is now open for sharing. All shares are timed with a buzzer for 3 minutes and a 1-minute wrap-up. When you see the **Pizza Box** raised, please wrap up your share. We will end sharing at 8:25. Who would like to begin?

13) 8:25 Secretary Announcements

14) The leader picks someone to lead us out with the prayer of your choice. After a moment of silence for those of us who are still suffering in and out of these rooms.

Chapter 3

MORE ABOUT COMPULSIVE OVEREATING

Most of us have been unwilling to admit we were real compulsive overeaters. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our overeating careers have been characterized by countless vain attempts to prove we could eat like other people. The idea that somehow, someday he will control and enjoy his overeating is the great obsession of every abnormal eater. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death.

We learned that we had to fully concede to our innermost selves that we were compulsive overeaters. This is the first step in recovery. The delusion that we are like other people, or presently may be, **has to be smashed**.

We compulsive overeaters are men and women who have lost the ability to control our eating. We know that no real compulsive overeater *ever* recovers control. All of us felt at times that we were regaining control, but such intervals - usually brief - were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced to a man that compulsive overeaters of our type are in the grip of a progressive illness. Over any considerable period we get worse, never better.

We are like men who have lost their legs; they never grow new ones. Neither does there appear to be any kind of treatment which will make compulsive overeaters of our kind like other men. We have tried every imaginable remedy. In some instances there has been brief recovery, followed always by a still worse relapse. Physicians who are familiar with compulsive overeating agree there is no such thing as making a normal eater out of a compulsive overeater. Science may one day accomplish this, but it hasn't done so yet.

Despite all we can say, many who are real compulsive overeaters are not going to believe they are in that class. By every form of self-deception and experimentation, they will try to prove themselves exceptions to the rule, therefore not compulsive overeaters. If anyone who is showing an inability to control his eating can do the right-about-face and eat like a gentleman, our hats are off to him. Heaven knows, we have tried hard enough and long enough to eat like other people!

Here are some of the methods we have tried:

Eating smaller meals

Eating fewer larger meals

Eating bigger breakfasts

Not eating after sunset

Eating fruit only

Eating no meat

Eating little or no fats or carbohydrates

Drinking liquids only

Attending weight watchers meetings

Buying only Jenny Craig food

Not eating at all

Throwing up our food

Taking more physical exercise

Exercising constantly

Reading inspirational books

Psychotherapy

Smoking

Swallowing amphetamines

Taking laxatives

Drinking alcohol instead of eating

Taking a trip

Not taking a trip

Swearing off forever (with and without a solemn oath)

Going to fat farms

Accepting voluntary commitment to eating disorder clinics

Undergoing operations such as liposuction, tummy tucks, and/or gastric surgery.

Enduring involuntary treatment in hospitals after a heart attack or stroke

We could increase this list at infinitum

Pizza Box – Secretary's Report

Date: _____

1. My name is _____ and I'm your Secretary. Let's thank _____ for leading a great meeting

2. Let's welcome our newcomers and returning members

Newcomers	**Returning**

3. And let's thank _____, our weekly reader.

4. If you do service at this meeting, please raise your hand for positive credit.

5. Let's congratulate our chip takers

30	6 Mo
60	9 Mo
90	1 Yr
Multiple Years:	

6. Do we have a report from our Treasurer? Literature? Intergroup?

7. Copies of the phone list are available for OA use only such as finding a sponsor and making outreach calls.

8. Any OA related announcements? New Business? _____

9. Please return all borrowed Big Books. If able, please help with returning the room to how we found it.

10. Fellowship at **Charro Chicken** at Baker and Fairview at 5:30 p.m. or at **El Pollo Loco**. All are welcome.

11. Next time, start the Big Book reading on page: _____. I will now turn the meeting back over to our fearless leader.

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Pizza Box Chips

My name is _____, I'm a compulsive overeater and I'm your chip person

At this meeting, we celebrate periods of abstinence as you may determine it. Our first chip is a very special chip for Newcomers and those with less than 30-days. Would all newcomers please stand for a chip and a hug, tell us your first name.

Does anyone have: (Ask chip takers: "how'd you do it"?)

- 30-days?
- 60 Days?
- 90 Days?
- 6 Months?
- 9 Months?
- Any One-year anniversary tonight?
- Any Multiple Year Anniversary's?

To let others know, as well as ourselves . . . please raise your hand if you have:

- Zero to Thirty Days of Abstinence
- 30 days – 59 days
- 60 days – 89 days
- 90 days – 6 months
- 6 months to 9 months
- 9 months to one year
- More than 1 year but less than five years
- More than 5 years but less than ten years
- More than 10 years but less than fifteen years
- More than 15 years but less than 20
- 20 years or more?

Thank you for letting me be of service.