(Your Intergroup Name here)

The Hardest Thing in OA?

It is staying in OA!

# Welcome: (Housekeeping note and raffles notes , if using)

**Welcome everyone!** After a moment of silence for the still suffering compulsive overeater, let’s begin 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”*

**Speakers:**

Now we will hear from three speakers who will describe real-life examples of why they left OA and why they came back. Each speaker will share for 10-15 minutes.

Now we will have open sharing for 30 minutes reflecting on the speakers sharing and also the list of reasons below. Share time will be 3 minutes each, please raise your virtual hand to be called on:

Why do so many newcomers and long timers leave OA?

Some of the reasons they left

* Relapsed and felt too ashamed to admit it
* No abstinence or frequent slips and feel they are a failure
* Recoil at frequent mentions of "God”
* Personality conflicts with sponsors, meeting leaders, intergroup/ region/ world service officers, or other members
* Don’t like the tools or one of them
* Literature or changes in literature, definitions, meeting formats, etc.
* Finished the Steps and think they’ve graduated
* Not making OA a priority
* OA isn’t just like AA or does things like AA
* Think there are no sponsors or not enough meetings or not enough recovery
* Don’t feel supported because they don’t identify with everyone
* Think no one will understand, i.e., terminal uniqueness
* Decide to wait for the pills, surgery, etc.
* Pressure from family members, church, doctors, friends
* Illness
* Moving
* Unasked-for advice
* Divorce/breakup
* Service burnout
* Confrontation with previously unknown issue, e.g., incest, rape
* Laziness
* Lack of trust in anything free, not professionally organized
* Arrogance, self-righteousness
* Think they are cured
* Fear of recovery/weight loss/weight gain
* Not ready to stop eating compulsively
* Not convinced they are a compulsive eater/overeater
* Death

Reasons to stay

* To keep recovery
* To find recovery
* To keep abstinence
* To find abstinence
* To get the promises
* To help others find recovery, abstinence, and the promises
* To stay alive
* To be happy, joyous, and free
* To be at peace with food and life

**Why a list?**

Studies have shown that taking the time to anticipate in advance the obstacles a person might face when setting a goal leads to greater success, the more difficult the long-term goal, the greater the power of the tactic. For people who have difficulty with impulse control, patience, and perseverance, a list of possible stumbling blocks works even better.

**Raffle: (Optional)**

**Closing:**

Thank you, everyone, for coming together with us as we all do our best to “practice these principles in all our affairs”. We hope that you’ve found at least one of two gems you can apply to your program, one day at a time.

Let’s Close Together with the OA Responsibility Pledge

**OA Responsibility Pledge:** Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.