

(NOTE: This is not OA-approved. It is written for and used at the San Diego Intergroup Overcomer's Meeting.)

Welcome to the Overcomers' Meeting of Overeaters Anonymous

This meeting has been set aside as a meeting where compulsive overeaters who have experienced obesity nearing 100 pounds over their goal weight may share their experience, strength, and hope.

Although this meeting has sometimes been referred to as "100-pound meeting," we have no strict guidelines as to who may share.

However, we do ask those of you who have never been significantly obese to be sensitive to the needs of those who have sought out this meeting for its specific focus. Compulsive overeating in all its manifestations, robs its victims of dignity.

The compulsive overeater who has lived with significant obesity has often had to suffer ridicule from family, friends, and strangers. We have had difficulty buying attractive clothing or fitting in in public transportation. We could not easily participate in sports or other activities. In some cases, we were not even able to properly care for our own hygiene. For all these reasons and more, we lost confidence in ourselves.

We found it difficult to believe that anyone could truly love us. Finally, many of us went into hiding, "isolation" as it is called in program. Some of us did not leave our homes for days, weeks, or even years at a time. We felt terrible depression and desperation. Thoughts of suicide were often with us.

If you are here for the first time tonight and can identify with any of these feelings, we applaud you for the courage it took to get here. We can say with confidence that life has much more to offer than you now know.

How we got to this place is varied. In some cases, we were physically, emotionally, or sexually abused. It was not easy to admit this, but as we honestly looked at our lives with the help of power greater than ourselves, we began to heal.

We started to discover the beautiful, un-diseased part of ourselves. The part that lets us eat much less food than we ever thought possible. The part that can stand by us as we take the long journey through the weight loss to a way of life free from the crutches of food, self-pity, and fat.

If you are here for the first time tonight, we will not tell you that you do not have a long journey ahead of you, but we will stand by you and love you until you can start loving yourself.

Please keep coming back. Let us get to know the wonderful person you truly are. Once again, we welcome you to the Overcomers' Meeting of Overeaters Anonymous.

YOU ARE HOME!