

EMBRACING THE 12 STEPS AND 12 TRADITIONS

Schedule

October 9-11, 2015

Friday

7:00pm to 7:30pm--Introductions

7:30pm to 8:00pm--Opening

- A) Serenity Prayer, and
- B) 7th Tradition Basket,
- C) Read 12 Steps of OA, and
- D) Read Long Form Traditions of AA 12 and 12.

8:00pm to 9:00pm—Meeting

- A) Ira tells what he was like, what happened, and what he is like today.

9:00pm to 10:20pm-- Step and Tradition One

- A) **9:00pm to 9:30pm**--Ira shares his experience with the relationship of Step 1 to Traditions 1,
- B) **9:30pm to 9:40pm**--Read Tradition 1 OA 12 and 12 (Go around the room, each person reads 1 paragraph 'til complete),
- C) **9:40pm to 10:05pm**--Group Question,
Go around the room, each person has 3 minutes to answer 2 questions:
 - a. 'What is a Compulsive Overeater?'
 - b. 'Why Do I come to OA?'
- D) **10:05pm to 10:20pm**--Group Discussion.

10:20pm--Closing

- A) Serenity Prayer

Saturday

8:00am to 8:15am-- Opening

- A) Serenity Prayer, and
- B) 7th Tradition Basket.

8:15am to 11:50am--Steps and Traditions Two through Four

- A) **8:15am to 8:45am**--Ira shares his experience with the relationship of Steps 2, 3, and 4 to Traditions 2, 3, and 4,
- B) **8:15am to 9:00am**--Read Tradition 2 OA 12 and 12 (Go around the room, each person reads 1 paragraph 'til complete),
- C) **9:00am to 9:30am**--Group Question,

Go around the room, each person has 3 minutes to answer 2 questions:

- a. 'What is Sanity/Insanity mean to you?
- b. 'What does "Group Conscience" mean?'

- D) **9:30am to 9:45am**--Group Discussion,
- E) **9:45am to 10:00am**--Read Tradition 3 OA 12 and 12 (Go around the room as before),
- F) **10:00am to 10:30am**--Group Question,

Go around the room, each person has 3 minutes to answer 2 questions:

- a. 'What is "Turning it Over" mean to me?'
- b. 'How has OA helped me in acceptance of other people?'

- G) **10:30am to 10:50am**--Group Discussion,
- H) **10:50am to 11:05am**--Read Tradition 4 OA 12 and 12 (Go around the room, each person reads 1 Paragraph 'til complete),
- I) **11:05am to 11:25am**--Writing Exercise:
 - a. Does an Inventory on my feelings (resentments, fears) about things affect me at meetings?
- J) **11:25am to 11:45am**--Break into small (3 members) groups for sharing, and
- K) **11:45am to 12:00am**--Full Group Discussion.

12:00pm—Closing for Lunch

- A) Serenity Prayer

12:00pm to 12:50pm--Lunch

12:55pm—Opening

- A) Serenity Prayer, and
- B) 7th Tradition Basket.

1:00pm to 4:00pm--Steps and Traditions Five through Seven

- A) **1:00pm to 1:30pm**--Ira shares his experience with the relationship of Steps 5, 6, and 7 to Traditions 5, 6, and 7,
- B) **1:30pm to 1:40pm**--Read Tradition 5 OA 12 and 12 (Go around the room, each person reads 1 Paragraph 'til complete),
- C) **1:40pm to 2:00pm**--Writing Exercise:
 - a. 'What do I need to disclose about my eating?
 - b. 'How do I "Carry the Message"?'
- D) **2:00pm to 2:15pm**--Break into small (3 members) groups for sharing,
- E) **2:20pm to 2:30pm**--Full Group Discussion,
- F) **2:30pm to 2:40pm**--Read Tradition 6 OA 12 and 12 (Go around the room as before),
- G) **2:40pm to 3:00pm**--Group Question

Go around the room each person has 3 minutes to answer 2 questions:

- a. ‘What is a character defect?’
- b. ‘Do I think my primary recovery from Compulsive Overeating comes from OUTSIDE OA?’

H) **3:00pm to 3:15pm**--Group Discussion,

I) **3:15pm to 3:25pm**--Read Tradition 7 OA 12 and 12 (Go around room as before),

J) **3:25pm to 3:45pm**--Group Question

Go around the room each person has 3 minutes to answer 2 questions:

- a. ‘What is Humility mean?’
- b. ‘What do Humility and being “Self-Supporting” have in common?’

K) **3:45pm to 4:00pm**--Group Discussion.

4:00pm to 4:15pm—Break.

4:15pm--Opening

A) Serenity Prayer, and

B) 7th Tradition Basket.

4:20 to 6:15pm--Steps and Traditions Eight and Nine

A) **4:20pm to 4:50pm**--Ira shares his experience with the relationship of Steps 8 and 9 to Traditions 8 and 9,

B) **4:50pm to 5:00pm**--Read Tradition 8 OA 12 and 12 (Go around the room as before),

C) **5:00pm to 5:30pm**-- Writing Exercise: 2 Paragraphs ONLY:

- a. 1st Paragraph: In a GENERAL way, ‘How has having this illness caused hurt to myself and to others?’
- b. 2nd Paragraph: ‘What’s the difference between the help I’ve gotten in OA and the Professional help I’ve gotten for my eating problem?’

D) **5:30pm to 5:55pm**--Group Discussion,

E) **5:55pm to 5:15pm**--Read Tradition 9 OA 12 and 12 (Go around the room as before),

F) **5:15pm to 5:30pm**-- Group Question.

Go around the room, each person has 3 minutes to answer 2 questions:

- a. ‘How has it felt when I’ve cleaned up” a relationship problem?’
- b. ‘How does that feeling relate to feeling “Equal” in OA?’

G) **5:30pm to 5:45pm**--Group Discussion, and

H) **5:45pm to 6:15pm**--General Whole Group Discussion-Recap (each group has a speaker for the group).

6:15pm--Closing

A) Serenity Prayer, and

B) 7th Tradition Basket.

6:30pm to 7:25pm--Break for Supper

7:25pm to 7:30pm— Opening

A) Serenity Prayer, and

B) 7th Tradition Basket.

7:30pm to 10:15pm-- Steps and Traditions Ten and Eleven

- A) *7:30pm to 8:00pm*--Ira shares his experience with the relationship of Steps 10 and 11 to Traditions 10 and 11,
- B) *8:00pm to 8:25pm*--Read Tradition 10 OA 12 and 12,
Go around the room, each person reads 1 paragraph 'til complete.
- C) *8:25pm to 9:00pm*--Group Question
Go around the room, each person has 3 minutes to answer 2 questions:
 - a. 'What's more important to be RIGHT or to be HAPPY?', and
 - b. 'As an OA member, why do I feel I have to give my opinion on issues not related to the program?
- D) *9:00pm to 9:15pm*--Group Discussion,
- E) *9:15pm to 9:30pm*--Read Tradition 11 OA 12 and 12 (Go around room as before),
- F) *9:30pm to 10:00pm*--Guided Meditation on being an OA Attraction,
- G) *10:00pm to 10:15pm*--Group Discussion on the meditation experience,

Sunday

8:00am to 8:05—Opening

- A) Serenity Prayer, and
- B) 7th Tradition Basket.

8:50am to 12:00pm--Step and Tradition Twelve

- A) *8:50am to 9:20am*----Ira shares his experience with the relationship of Steps 12 to Traditions 12,
- B) *9:20am to 9:30am*--Read Tradition 12 OA 12 and 12,
Go around the room as before.
- C) *9:30am to 10:15am*--Writing Exercise:
 - a. Pair off people as writing partners (They should NOT know each other),
 - b. For 10 minutes each person writes about something that they have kept to themselves,
 - c. Then person #1 shares writing with person #2 after which person #2 gives feedback sharing '*your experience only, not your opinion*' (This exchange is also 10 minutes),
 - d. Then the process is reversed for 10 minutes, and
 - e. Person #2 shares writing with person #1etc.
- D) *10:15am to 10:45pm*--Group Discussion on Experience.

10:45pm to 11:00pm--Explain and write personal letter

11:00pm to 11:30pm--Write letter to yourself and then self-address envelopes to be mailed next year.

11:30pm--Housekeeping

11:35pm—Closing

- A) Serenity Prayer,
- B) 7th Tradition Basket.