



## November 19 OA Idea Day Retreat

# “Resources to Help You Keep Coming Back”

**TIME:** 9 am to 4:15

**PLACE:** 3322 Commons Way, Mt Vernon Commons Clubhouse - for directions call Paula @ 907-830-2815

**Price:** \$25 a person. Scholarships are available, call Jody W @ 907-229-0702. (Please don't be discouraged from coming, you won't be turned away!)

**POTLUCK SALAD LUNCHEON:** Soup, greens, and salad dressings will be supplied. Please bring a variety of healthy salad toppings (veggies, legumes, proteins, fruit, nuts, etc.) so we can create a wonderful, elegant, and nutritious meal.

**THEME:** Creating a resource manual to help us remember to stay abstinent, stay in program and keep coming back.

- Steps – Maryann
  - Using a 12-step worksheet to work through a crisis situation
  - Participation and conversation.
- Big Book –Jody J and Janis
  - Guide to what the chapters offer and how you might use them.
  - An activity and question
- Compulsive Eating or Abstinence vs Food Plan
  - CD (possibly from World Service in Boston)
  - Listen for 20 minutes
  - Question and Conversation
  - Handout on Abstinence vs Food Plan – Dignity of Choice
- Technology that can help you every day– Wanda
  - Podcasts
  - Websites
  - OA Groups
  - Conferences
  - Retreats
  - Call in meetings
- How to put tools between you and the food -Jody W and Sue
  - Plan of Eating:
    - Sponsorship
    - Literature
    - Meetings
    - Traditions & Concepts
    - Writing
    - Action Plan
    - Call List
- Personalizing your Binder and your program - Sue

