

Amazing Recovery: Passport to Unity

Embrace diversity and find unity with fellow OA members in this workshop.

OA members travel their own personal path to recovery. Yet, no matter our backgrounds or how we work the program, we're able to grow and share with people very different from ourselves. Use this workshop to focus on finding connections and developing worldwide unity among the Fellowship.

Participants (all participants stay at the same table or in the same breakout room throughout the workshop)

Each participant will receive a "passport" and be assigned to numbered tables. The participants' goal for this workshop is to find some commonality and unity among people who are different from them.

Questions in the passport for participants to consider:

1. I may have never struggled with _____, identified as a _____, or used the _____ format, but I am able to identify because ...
2. Some qualities and experiences I share with this person are ...
3. This person's recovery strengthens mine because ...
4. Although I work my program differently, I can see how this person's experience might help someone I know because ...

Traveling Table Moderators (table moderators move in a preset pattern between the tables or throughout the breakout room)

Participants will be evenly divided at numbered tables. Moderators with experience in the selected table topic will lead the discussion. Each table moderator will:

1. Share their story. (5 minutes)
2. Qualify how this topic has affected their life and recovery, and how working the OA Twelve Steps, Twelve Traditions, and Tools has helped them achieve and maintain recovery. (5 minutes)
3. Facilitate the open sharing at the table and the answering of passport questions. (5 minutes)
4. Stamp participants' passports. (2 minutes)

The moderator then moves to the next table. Each moderator will lead four different table discussions in total.

Timeline

This workshop is designed to run approximately 1 hour and 50 minutes as follows:

- Introductions and instructions (10 minutes)
- Table discussions (68 minutes; 5 + 5 + 5 + 2 minutes per table x four tables)
- Open sharing (25 minutes)
- Summary (5 minutes)

Possible Topics for Table Moderators (the Table Travelers)

90-Day Format

100+ Pound (45kg) Weight Loss

A Vision for You

Anorexia

Bariatric Surgery

Bingeing

Bulimia

Compulsive Exercise

Health/Disabilities

LGBTQ+

Long-Term Recovery

Non-English Speaker

Nontraditional Higher Power

Person of Color

Relapse Survivor

Young Persons

Men in OA

OA-HOW

Virtual Meetings

Script

Welcome to this workshop: Amazing Recovery: Passport to Unity. You are about to embark on an incredible journey. I'd like to start with the Serenity Prayer:

God grant me the serenity to accept the things I cannot change,
Courage to change the things I can
And wisdom to know the difference.

Thank you.

Introduce the Workshop or Concept

This workshop, in keeping with the Board of Trustees' Strategic Plan, is Growing Unity Worldwide. The goal is to be able to find some commonality and unity among members who are different. Unity is an important topic for us to consider. While it creates the

foundation of our worldwide Fellowship, unity begins within each individual OA meeting where we meet all kinds of people with various manifestations of food issues.

OA members come from many different backgrounds and our histories of eating and our attempts to control our eating behaviors and weight are quite varied. Although there are probably as many different food plans and different approaches as there are people here today, we all work toward the same solution. By a commitment to OA's Tools of recovery, the Twelve Steps, and the Twelve Traditions, and by honoring Unity with Diversity, we can all achieve and maintain lasting recovery.

Each of us has given up our terminal uniqueness so that we will achieve success. We are all different. However, we can identify our past suffering or recognize a feeling or a specific characteristic trait in others that unites us in our search for recovery.

Many of us have found that when we strive to identify with other individuals inside the rooms of OA, we discover a lifeline unlike any available to us in the outside world. Our very lives depend on this precious connection we have with each other in Overeaters Anonymous.

As you participate in this workshop, please remember that Tradition One in the OA *Twelve and Twelve, Second Edition*, says, "We compulsive overeaters have lived much of our lives in isolation. ...

"Our desire to live free of compulsive eating has forced us to change. ... Recovery began for most of us when we got out of isolation and into an OA group" (p. 66).

To paraphrase the Big Book, We are doomed to failure if we employ the principle of contempt prior to investigation" (*Alcoholics Anonymous*, 4th ed., p. 568).

We have one common goal here today. We want to be able to identify the joy of recovery that unites us. Different approaches work for different people. Sometimes, after a while, a different approach works for the same person. OA acknowledges this and is glad and grateful that people have more than one way to find, keep, maintain, and sustain recovery.

Today, we have assembled _____ [number of people] OA members who have graciously agreed to share with us their particular journey. We thank them profusely and are truly grateful for their courage and commitment.

While we know there are many more facets, aspects, and meeting formats, this is all the time and space we have today. We apologize if we've omitted an important issue that you wanted to discuss.

Our hope today is that at the close of this morning's activities, you will have identified some commonalities with people who seem, in some ways, quite different from yourself, and in doing so, you will experience the unity that we all depend on for continued recovery.

Present the Activity Instructions

1. Each table moderator or traveler will speak for 5 minutes and tell you their individual journey. They will then share for another 5 minutes how their particular meeting format, life situation, or aspect has helped them achieve and maintain lasting recovery. We will then have open sharing at each table.
2. You have all received a passport. Your passport has reflection questions to help guide your journey. Your passport will be stamped after each segment.
3. You will have four travelers (table moderators) visiting your table. Thank you so very much, table moderators, for your service and helping us better understand how you navigate your recovery.
4. Please remain mindful that our differences help unite us in our common goals. Listen and participate with an open mind and an open heart.
5. You can find the questions for reflection on the screen.
6. Travelers (table moderators), please adhere to the time constraints so we may move along smoothly. A timer will let you know how we are progressing.
 - Begin your experience, strength, and hope share. (5 minutes)
 - Continue with your topic. (5 minutes)
 - Open sharing at your table. (5 minutes)
 - Stamp passports. (2 minutes)

After the third bell, travelers (table moderators) will quickly stamp the passports and move to the next table on your schedule. Everyone else remains at port.

Open Sharing after the Rotations

Now that you have been visited by four travelers, who are on the road to happy destiny, we'd like to open the floor for two-minute positive pitches on your experiences here today. Sharing your new insight, growth, and realized commonalities will surely help OA's growth in worldwide unity. Please come to the front of the room.

Closing

Thank you all for your earnest participation this morning. We hope you are leaving this forum with new insight, awareness, knowledge, and sense of unity.

Can we close with the OA Promise?

Table Moderator or Traveler Instructions

Dear Table Traveler,

Thank you for volunteering to do this service. This workshop will be focusing on growing and developing worldwide unity among the Fellowship. The participants' focus for this workshop is to find some commonality and unity among people who are different from them. You have graciously volunteered to do this service discussing _____ [topic].

The organizers of this workshop are truly grateful for your service.

We will have _____ [number of tables] tables accommodating _____ [number of people] people at each table. As table moderators, you'll have experience in the selected table topics. You will:

1. Share your story at the first table. Please share the short version. (5 minutes)
2. Qualify how this topic has affected your life and recovery, and how working the OA Twelve Steps, Twelve Traditions, and Tools has helped you achieve and maintain recovery. **Please do not criticize other ways of working the OA program. Please focus on the positive so as to promote unity.** (5 minutes)
3. Facilitate the open sharing at your table and answering of passport questions. (5 minutes)
4. Stamp participants' passports. (2 minutes)

You will then move to the next table on your schedule, which will be provided to you. In total, you'll repeat the above scenario at four different tables.

If you have any further questions, please feel free to contact me.

Table Moderator (Table Traveler) Forms

Traveler: _____ Your tables are # _____

1. Share your story at the first table. Please share the short version. (5 minutes)
2. Qualify how this topic has affected your life and recovery, and how working the OA Twelve Steps, Twelve Traditions, and Tools has helped you achieve and maintain recovery. **Please do not criticize other ways of working the OA program. Please focus on the positive so as to promote unity.** (5 minutes)
3. Facilitate the open sharing at your table and answering of passport questions. (5 minutes)
4. Stamp participants' passports. (2 minutes)

You will then move to the next table on your schedule. In total, you'll repeat the above scenario at four different table.

Thank you so very much for your service.

Traveler: _____ Your tables are # _____

1. Share your story at the first table. Please share the short version. (5 minutes)
2. Qualify how this topic has affected your life and recovery, and how working the OA Twelve Steps, Twelve Traditions, and Tools has helped you achieve and maintain recovery. **Please do not criticize other ways of working the OA program. Please focus on the positive so as to promote unity.** (5 minutes)
3. Facilitate the open sharing at your table and answering of passport questions. (5 minutes)
4. Stamp participants' passports. (2 minutes)

You will then move to the next table on your schedule. In total, you'll repeat the above scenario at four different table.

Thank you so very much for your service.

Traveler: _____ Your tables are # _____

1. Share your story at the first table. Please share the short version. (5 minutes)
2. Qualify how this topic has affected your life and recovery, and how working the OA Twelve Steps, Twelve Traditions, and Tools has helped you achieve and maintain recovery. **Please do not criticize other ways of working the OA program. Please focus on the positive so as to promote unity.** (5 minutes)
3. Facilitate the open sharing at your table and answering of passport questions. (5 minutes)
4. Stamp participants' passports. (2 minutes)

You will then move to the next table on your schedule. In total, you'll repeat the above scenario at four different tables.

Thank you so very much for your service.

Traveler: _____ Your tables are # _____

1. Share your story at the first table. Please share the short version. (5 minutes)
2. Qualify how this topic has affected your life and recovery, and how working the OA Twelve Steps, Twelve Traditions, and Tools has helped you achieve and maintain recovery. **Please do not criticize other ways of working the OA program. Please focus on the positive so as to promote unity.** (5 minutes)
3. Facilitate the open sharing at your table and answering of passport questions. (5 minutes)
4. Stamp participants' passports. (2 minutes)

You will then move to the next table on your schedule. In total, you'll repeat the above scenario at four different tables.

Thank you so very much for your service.

OA Board-Approved. © 2017 Overeaters Anonymous, Inc. All rights reserved.