**Topics for Unity Day Workshop Guide**

1. Tradition 1 (refer to the 12 & 12 Questions) / Personal recovery depends upon OA unity
2. Principles Before Personalities
3. Anarchy vs. Democracy Traditions
4. Unity over personality
5. Unity for our group vs Unity in OA as a whole (Tradition 4)
6. Unity through the traditions
7. Higher Power Doesn’t *Have* to be God (Atheists & Agnostics)
8. Emphasizing All 3 Legs of the Stool – Spiritual, Emotional & Physical
9. Following Up with Newcomers
10. Relapse and Recovery
11. Shame
12. Hope for the Future / Challenge to Unity in the Covid Area Steps
13. Slipping and Sliding / doc: *Writing Tools*
14. Defining a Higher Power That Works for You
15. Love across the fellowship
16. Unity through the steps
17. Abstinence
18. Embracing Diversity & Unity
19. We Are Not Alone
20. Providing Meeting Access to All
21. Welcoming *ALL* Members Unity
22. How to Keep Unity w/members as a group & not act as a lone wolf
23. Am I responsible for unity? / Without unity how would OA survive?
24. Personal Freedom vs. Unity of OA
25. How do our 12 Steps & Traditions Keep us in Unity?
26. Recognizing the strength of our “Oneness”
27. Together we can do what we could never do alone / Recovering together nurtures all of us
28. We were never meant to face this disease alone / Strengthen our connection rather than Isolation
29. Our common bond
30. Unity is NOT Uniformity / Many Recovery Approaches
31. The BB on Unity
32. What Principles do I need to work in my Program regarding Unity?
33. Cultural diversity & food / Plan of Eating / Addressing Different Issues with Food
34. Sponsorship / Food vs. Step Sponsor Tools
35. Service Binds Us / Tools Unite Us