UNITY DAY WORKSHOPS-***ZOOM FORMAT***

**OA HOLIDAY WORKSHOP: UNITY DAY**

# UNITY DAY WORKSHOP EXAMPLE 1

### OPENING *(5 MINUTES)*

*Leader****:* “**My name is [\_*name of leader*\_]. On behalf of the [\_*service body name*\_], who has come together today to sponsor this meeting, we thank you for coming and welcome you to Unity Day. Are there any other compulsive eaters in the room, besides myself? Are there any newcomers here today? How many are attending their first Unity Day meeting?

#### Logistics

“Before we begin, I have a few announcements:

* The Chat box is available to write questions for the Ask-It Basket panel.
* Please silence cell phones.

#### Serenity Prayer

“After a moment of silence for those still suffering both inside and outside the rooms of OA, we will begin with the Serenity Prayer.” *(Serenity Prayer and OA Promise, etc., are found on a separate page at the end of this document.)*

**SPEAKERS *(30 minutes, 15 minutes each-LGBTQA/Racial/Ethnic/Age)***

“Today, worldwide, in over fifty countries, members of Overeaters Anonymous are meeting to celebrate the importance of unity within the OA Fellowship. Tradition One tells us, ‘Our common welfare should come first; personal recovery depends upon OA unity.’

“In the spirit of that unity, our meeting today will begin with two speakers, each from a different area. Each will share for fifteen minutes. They will share briefly about themselves and then about the meaning and importance of Tradition One in their program.

“Later in the meeting, we will have a panel of members who will answer questions from the Ask-It Basket. Please keep the focus on unity. We will utilize the Chat box to collect the questions.

“After our speakers, we will open the meeting for three-minute shares.

“Would someone please volunteer to be timekeeper? Speakers will be notified when they have one minute remaining and when their time is up. We want to remind all who are in other Twelve Step programs to speak only to their recovery in OA. We come together today as compulsive overeaters.

#### Speaker One

“Our first speaker will be: .”

#### Speaker Two

“Our second speaker will be: \_ .”

### SHARE *(30 minutes)*

“The meeting will now welcome sharing until [\_*time*\_].”

### MOMENT OF SILENCE *(5 minutes)*

“At [\_*time*\_], OA suggests a worldwide unified moment of silence. Then, we will all say the OA Promise.”

**OPEN SHARE *(30 minutes)***

“We will now have open sharing about this topic. The time limit will be three minutes each. Would someone volunteer to be the timekeeper? The timer will let you know when you have one minute left, and when your time is up.”

**ASK-IT BASKET *(15 minutes)***

“Would those who volunteered for the Ask-It Basket panel please come forward? Please tell us your first name, where you are from, and how long you have been in OA. If you have additional questions for the panel, please put them in the chat now.” Unanswered questions will be answered after the meeting by email, please place your email address in the chat box.

### CLOSING/SERENITY PRAYER *(5 minutes)*

“On behalf of the [\_*service body*\_], thank you all for coming to our Unity Day celebration. We will now close with the Serenity Prayer.”

# UNITY DAY WORKSHOP EXAMPLE 2

[\_*Service body*\_] welcomes you to Unity Day on [\_*date*\_]

#### OPENING (20 minutes) Announcements

**Readings: Serenity Prayer, OA Preamble, the Steps and Traditions, Tradition One and Concept One, and the History of Unity Day handout.** *(Serenity Prayer and OA Promise, etc., are found on a separate page at the end of this document.)*

**SPEAKERS *(40 minutes, 20 minutes each-LGBTQA/Racial/Ethnic/Age)***

#### Speaker One

*Leader:* “Our first speaker will be: .”

#### Speaker Two

“Our second speaker will be: \_ .”

**MOMENT OF SILENCE** for worldwide OA unity, followed by the OA Promise ***(5 minutes)***

**PRESENTATION** from one of our founder’s WSBC addresses on the OA website: [oa.org/founder-recordings/](https://oa.org/founder-recordings/) *(10minutes)*

**OPEN SHARE *(30 minutes, 2 to 3 minutes each)***

**CLOSING *(10 minutes)***

#### Serenity Prayer Responsibility Pledge

*Leader:* “Would your intergroup be interested in hosting Unity Day in the future? Let’s keep this wonderful event going and growing! Please contact this year’s host for information on how your intergroup/service board can host next.

# UNITY DAY WORKSHOP EXAMPLE 3

### WELCOME/OPENING *(5 minutes)*

*Leader*: “On behalf of [\_*service body name*\_], we thank you for coming and welcome you to Unity Day [\_*year*\_].

“My name is [\_*name of leader*\_]. Are there any other compulsive overeaters here today? Are there any newcomers here today? Is anyone attending their first Unity Day meeting?

#### Announcements

“Before we begin, please silence all cell phones and use the reaction tools at the bottom of your zoom screen to share.

#### Serenity Prayer/Responsibility Pledge *(5 minutes)*

“After a moment of silence for those still suffering both inside and outside the rooms of OA, we will begin with the Serenity Prayer.” *(Serenity Prayer and OA Promise, etc., are found on a separate page at the end of this document.)*

“OA’s responsibility pledge is [*\_Responsibility Pledge text\_*]”

#### Readings: OA Preamble, Twelve Steps, and Twelve Traditions *(10 minutes)*

“Would those who volunteered to read please begin?” (*Read OA Preamble, Steps, and Traditions.*)

“The Twelve Concepts of OA Service, adopted by the WSBC in 1994, help us apply the Steps and Traditions in our service work, which is an important part of the OA program. The Concepts define and guide the practices of the service structures that conduct the business of OA. The Principles of the Twelve Concepts are Unity, Conscience, Trust, Equality, Consideration, Responsibility, Balance, Delegation, Ability, Clarity, Humility, and Guidelines.

**SPEAKERS *(40 minutes, 20 minutes each-LGBTQA/Racial/Ethnic/Age)***

“Today, worldwide, in over fifty countries, members of Overeaters Anonymous will be meeting to celebrate the importance of unity within the OA Fellowship.

“In the spirit of that unity, for several years now various intergroups in Region 7 have worked together to offer a Unity Day event. Today we have two speakers from different intergroups. E ach have been asked to share for up to fifteen minutes about themselves and then, perhaps, about the meaning of Tradition One and what role, if any, it has played in their recovery.

“To keep us on schedule with the program, we will need a volunteer to be the timekeeper. The timekeeper will signal when there is one minute, and then no time remaining. Please honor the timekeeper’s signals.”

#### Speaker One

“Our first speaker will be: .”

#### Speaker Two

“Our second speaker will be: \_ .”

### ANNOUNCEMENTS *(5 minutes)*

“Before we break, are there any other OA retreats or events coming up that anyone would like to announce?

**MOMENT OF SILENCE followed by the OA Promise *(5 minutes)***

“At 11:30 a.m. PST, or [\_*local time*\_], OA suggests a worldwide, unified moment of silence. Then we will all say the OA Promise.”

**PRESENTATION *(10 minutes):*** from one of our founder’s WSBC addresses on the OA website [oa.org/founder-recordings/](https://oa.org/founder-recordings/)

**OPEN SHARE** on the theme of unity ***(30 minutes, 2 to 3 minutes per share)***

“Please raise a hand in the reactions section at the bottom of your zoom page to keep the sharing moving. Please speak only to your recovery within the OA program, as we are here today as compulsive overeaters. The timekeeper will signal when you have one minute remaining. Please honor the timekeeper’s notice that your time is up.”

### CLOSING/SERENITY PRAYER *(5 minutes)*

“On behalf of all the intergroups/service boards that participated in today’s program, thank you all for coming to Unity Day. We will now close with the Serenity Prayer.”

# UNITY DAY WORKSHOP EXAMPLE THREE: FACILITATOR’S OPENING FORMAT

|  |  |  |  |
| --- | --- | --- | --- |
| **TIME** | **ELAPSED** | **WHO** | **SCRIPT/TASK** |
| [ *Start* ] | 5 mins | [ *Leader* ] | “After a moment of silence for those still suffering both inside and outside the rooms of OA, we will begin with the Serenity Prayer.  **“**My name is [\_*name of leader*\_] and I am a [\_*compulsive eater, overeater, etc*.\_].  “Are there any other compulsive overeaters on screen?  “Are there any newcomers here today?  “Is anyone attending their first Unity Day meeting?”  **Announcements**   * “Please use the reactions tool at the bottom of your screen to be acknowledged. * “Please silence all cell phones.” |

**UNITY DAY WORKSHOP EXAMPLE 4**

## oa-unity Overeaters Anonymous

**UNITY DAY**

[\_*Day and date*\_]

**OPENING *(25 minutes)***

#### Welcome remarks

**Readings: Serenity Prayer, Preamble, Twelve Steps of Overeaters Anonymous, Tradition One (from *The Twelve Traditions of Overeaters Anonymous)*, and Concept One.** *(Serenity Prayer and OA Promise, etc., are found on a separate page at the end of this document.)*

**SPEAKERS *(40 minutes, 20 minutes each-LGBTQA/Racial/Ethnic/Age)***

**Speaker One**

*Leader:* “Our first speaker will be: .”

#### Speaker Two

“Our second speaker will be: \_ .”

**MOMENT OF SILENCE** where members worldwide pause and join hands for worldwide OA unity, followed by the OA Promise ***(5 minutes)***

***DISCUSSION QUESTIONS FOR UNITY DAY: (5 minutes-see attachment)***

**OPEN SHARING** on the theme of unity. ***(40 minutes on Discussion Questions)***

* + Please speak no more than three minutes.
  + Speak only to your recovery in the OA program.
  + Please honor the timekeeper’s one-minute warning.

**CLOSING REMARKS/SERENITY PRAYER (*5 minutes)***

# oa-unity UNITY DAY WORKSHOP EXAMPLE 4: DISCUSSION QUESTIONS

**UNITY DAY**

*Leader*: “Thank you for attending Unity Day [\_*year*\_].

“Each of the speakers on the panel will have up to fifteen minutes to share on their recovery and the topic of OA Unity and Tradition One. We will have plenty of time later in the workshop where ***all*** members will have an opportunity to share. Below are some questions that you may find helpful to keep the focus on Tradition One.”

**Thoughts for focusing on Tradition One: ** Tradition One: “Our common welfare should come first; personal recovery depends upon OA unity.” (***LGBTQA/Racial/Ethnic/Age)***

#### How do we apply this Tradition within OA to help resolve situations?

* + Sponsorship
  + Meetings: intergroup, special meetings, region, world service
  + Phone calls: relationships with others within OA

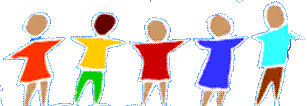
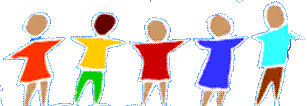
#### How do we apply this Tradition in everyday life to resolve situations?

* + Work
  + Family: marriage, children, in-laws, extended family
  + Friendships and relationships

#### How do the following apply to the program that you work?

* + Diversity doesn’t mean division
  + Unity doesn’t mean uniformity
  + Common welfare above personal welfare
  + Being respectful of all people’s opinions
  + Disagreement without destroying unity
  + Acceptance of an outcome even if it is not what I want
  + Change in attitudes—ours and others
  + Focusing on common ground, not differences
  + My ability to disagree, but still be supportive of friends and others

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# UNITY DAY WORKSHOP EXAMPLE 5

**UNITY DAY [\_*YEAR*\_]**

This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, at 11:30 a.m. PST, or [\_*local time*\_]. OA members pause to reaffirm the strength inherent in OA’s unity.

**OPENING *(15 minutes)***

WSO video/podcast about unity: <https://oa.org/virtual-workshops/>

**SPEAKERS *(40 minutes, 20 minutes each-******LGBTQA/Racial/Ethnic/Age)***

#### Speaker One

*Leader:* “Our first speaker will be: .”

#### Speaker Two

“Our second speaker will be: \_ .”

**OA PROMISE *(5 minutes; done at exactly 2:30 p.m. EST)***

**SPEAKER (*20 minutes)***

#### Speaker Three

“Our third speaker will be: \_ .”

**OPEN SHARE *(35 minutes)***

**CLOSING *(5 minutes)***

# UNITY DAY WORKSHOP EXAMPLE 6

## UNITY DAY TODAY’S PROGRAM

### OPENING (20 minutes)

**Serenity Prayer** *(Serenity Prayer and OA Promise, etc., are found on a separate page at the end of this document.)*

**Introduction**

**Review of today’s program and Unity Day history reading Responsibility Pledge**

**Readings: OA Preamble, OA Twelve Steps, Tradition One, Concept One**

#### SPEAKERS *(40 minutes, 20 minutes each-LGBTQA/Racial/Ethnic/Age)*

#### Speaker One

*Leader:* “Our first speaker will be: .”

#### Speaker Two

“Our second speaker will be: \_ .”

### MOMENT OF SILENCE (5 minutes)

*Leader:* “OA suggests a worldwide, unified moment of silence, and then we all say the OA Promise.”

### SPEAKER *(20 minutes)*

#### Speaker Three

*Leader:* “Our third speaker will be: \_ .”

**SHARING *(30 minutes)*** from members

**ANNOUNCEMENTS**

***(5 minutes)***

* OA retreats and events coming up

### CLOSING/SERENITY PRAYER

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# UNITY DAY WORKSHOP READINGS

#### 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.

#### OA Promise

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

#### OA Preamble

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating.

We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

#### Responsibility Pledge

Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.