**Using the Spiritual Principles to do together what we could never do alone**

**Welcome: (Housekeeping note and raffles notes, if using)**

**Welcome everyone!** After a moment of silence for the still suffering compulsive overeater, let’s begin with the **Serenity Prayer**:

*“God – Grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference”*

Our workshop today is titled **“Using the Spiritual Principles to do together what we could never do alone.**

**What is one thing you do that you can’t do alone (doesn’t have to be program related) Take short responses.**

I’ve asked \_\_\_\_\_\_\_\_\_ to read the Principles in the Twelve Steps and Twelve Traditions (as listed in Step Twelve of The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition):

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| **Principles in the Twelve Steps** | **Principles in the Twelve Traditions** |
| Step One: Honesty | Tradition One: Unity |
| Step Two: Hope | Tradition Two: Trust |
| Step Three: Faith | Tradition Three: Identity |
| Step Four: Courage | Tradition Four: Autonomy |
| Step Five: Integrity | Tradition Five: Purpose |
| Step Six: Willingness | Tradition Six: Solidarity |
| Step Seven: Humility | Tradition Seven: Responsibility |
| Step Eight: Self-discipline | Tradition Eight: Fellowship |
| Step Nine: Love | Tradition Nine: Structure |
| Step Ten: Perseverance | Tradition Ten: Neutrality |
| Step Eleven: Spiritual Awareness | Tradition Eleven: Anonymity |
| Step Twelve: Service | Tradition Twelve: Spirituality |

The Spiritual Principles have great power to bring a step or tradition into focus, like Honesty (step 1) or Fellowship (tradition 8). These principles travel with us as we work with others one to one, inside and outside the OA rooms – within our families, at work, at the grocery store.

**Speakers:**

Now we will hear from three speakers who will describe real-life examples of using the spiritual principles. Each speaker will share for 10-15 minutes.

**Breakouts:**

We will now breakout into groups (in person or through the magic of Zoom). Your group will discuss five questions designed to generate lively sharing about how each one of us uses the 24 spiritual principles in our steps and traditions. (see questions below)

Questions for Breakout sessions:

We often hear “principles before personalities”.  Do you ever wonder what that truly means?  What principles specifically do you think they are talking about?  Looking at our list of principles, consider how do you apply them on a daily basis.  Is this a conscious choice?

How do I practice these principles “in all my affairs”?  What actions do I take when I realize I’ve fallen short?

“Those who have studied them carefully have found that these Traditions can be applied to all human relationships, both inside and outside OA.”

-The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p 108

How do I apply the principles of the traditions to all my relationships?

“It is in the OA message-in our Steps and Traditions-that we find solutions to our problems.  Living by these principles has saved our lives.”

-The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pp. 146-147.

How has this statement come true for you? Which principles do you find particularly challenging?

1. “Because ours is a program of Principles, not personalities, we expect that what we share here won’t be gossiped about or judged, inside or outside of OA,”.

-The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pp. 146-147.

What principle(s) safeguards us from gossip, both inside and outside the rooms?

**Report Out/Wrap Up:**

We have about 15 minutes for you to share about what you discussed in your breakout sessions. A timer will be set for two-minute shares. If on zoom- Please raise your virtual hand found under “reactions” and wait to be called on by the moderator.

**Raffle: (Optional)**

**Closing:**

Thank you, everyone, for coming together with us as we all do our best to “practice these principles in all our affairs”. We hope that you’ve found at least one or two gems you can apply to your program, one day at a time.

Let’s Close Together with the OA Responsibility Pledge

**OA Responsibility Pledge:** Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible. We gratefully follow in the footsteps of many others who have walked this way before us, and we’re gratified to be making footprints of our own for others to follow.