12/12 Workshop Script for Moderator

(In-person or Zoom)

**Foundations of Abstinence Workshop**

# (Starting Time-two hour workshop)

MODERATOR:

INTRO (5 minutes)

Welcome everyone to, “(**Topic of your choice)”,** sponsored by (Name of your Intergroup of Overeaters Anonymous).

My name is (**Moderator’s Name)** and I am a compulsive overeater.

Today, by sharing the stories of three fellow OAers’ and their road to recovery, we hope to offer an opportunity to hear how you might **begin** to move from relapse to recovery and offer some helpful tips for getting through this difficult holiday period ahead.

**In this Workshop** we encourage the acceptance of

• Working ALL the Twelve Steps of OA as our solution to freedom from compulsive overeating and compulsive food behaviors.

• Living ALL the Principles of the program.

• The idea that a plan of eating and the Twelve Steps, together, provide the best opportunity for success.

• The use of **all** the Tools of Recovery which will greatly improve the quality of that success.

*They work when we work them; our recovery depends on it.*

FORMAT (1.5 hours)

Today, we will hear from three guest speakers.

Each guest will qualify for 15 minutes followed by 15 minutes of Q&A and Sharing.

Please raise your virtual hand to be recognized. Each person will be limited to 2 minutes of sharing.

**UNITY WITH DIVERSITY POLICY**

The Fellowship of Overeaters Anonymous encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute. We welcome all who share our compulsion. Everyone with the desire to stop eating compulsively is welcome in Overeaters Anonymous.

Reminder of the Twelfth Tradition:

At this time, I’d like to remind everyone of our Twelfth Tradition:

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities. Please respect the privacy of all our members.

Share the story - not WHO told the story.

HOUSEKEEPING:

Please remain muted at all times, until you are recognized to speak. .

Please leave your phone number or email in the Chat or by email if you would like to be contacted.

If you need a Relapse & Recovery (R&R) sponsor or are willing to **be** an R&R sponsor, please indicate that in the Chat.

If you experience Connectivity issues, you may contact: (Name and email contact data)

(Name of volunteer) will be monitoring the chat for raised hands/email.
(Name of volunteer) will be our timer.

MODERATOR

SEVENTH TRADITION

The suggested donation for today’s Workshop is $X.

Donation information will be posted in the Chat for zoom workshops.

If you can’t pay, please don’t stay away!

*Make checks payable to (your Intergroup Name and address here)*

*Or by Zelle or Venmo or Pay Pal:*

*(your payment link here)*

# OFFICIAL OPENING/ PROGRAM BEGINS

MODERATOR

Now, please join me in reciting the Serenity Prayer

God, grant me the serenity to accept the things I cannot change,

The courage to change the things I can, and the wisdom to know the difference.”

Next will \_\_\_\_\_\_\_\_\_\_\_Please read the selection from OA pamphlet Members in Relapse

**Reader #1**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**“The following reading is from our OA pamphlet Members in Relapse:**

We all need to be loved and accepted, not because we are abstinent, not because we are at goal weight, but for who we are. This is especially true of OA members who are still suffering. They have been in program for some time, perhaps months, maybe even years and yet either they have not yet attained abstinence, or they are in relapse. When asked what helped them most, people who have gone through this painful experience agree on one thing: being loved and accepted – even when they are compulsively overeating, even when they are falling apart emotionally, even when they themselves felt hopeless and unlovable – was the key to their eventually loving and accepting themselves.

Moderator Thank you, \_\_\_\_\_\_\_\_\_\_.

# SPEAKER #1 (Name of Speaker)

MODERATOR:

Please help me welcome our **first SPEAKER, (Name of Speaker),** from (Intergroup name). They will speak to us about their journey to recovery.

*(Speaker) qualifies/speaks for 15 minutes.*

Thank you, **(Name of Speaker)**

# FIRST SPEAKER ENDS SHARING STARTS (15 minutes)

Next, we have Q&A/Sharing; We will take questions received in order:

# SHARING #1 ENDS

 *MODERATOR*

Are there any other shares or questions for (name of speaker).

REMINDER

Just a reminder to leave your name and contact information in the chat/or by email. We will have a brief open session if time allows, after the official meeting.

# SPEAKER #2 (Name of Speaker)

MODERATOR

Now we’ll welcome our **second speaker** for the day, **(Name of Speaker)** from (Intergroup name). They will share with us the story of their road to recovery.

***Speaker*** *qualifies/speaks for 15 minutes.*

# SPEAKER #2 ENDS SHARING STARTS

MODERATOR:

Thanks (to speaker)

Next, we have Q&A/Sharing; Will take questions in received in order:

# SPEAKER #2 SHARING ENDS

MODERATOR

Are there any other shares/Q&A for this speaker?

Just a reminder to leave your name and contact info in the chat/ or by email.

We will have a brief open session after the official meeting.

# SPEAKER #3 (Name of Speaker)

**MODERATOR**

Now our **third and final speaker**, **(name of speaker),** who will tell us about their journey (and offer some helpful hints for the season.)

**Speaker name** qualifies/speaks for 15 minutes.

# SPEAKER #3 ENDS SHARING STARTS

**MODERATOR**

Thanks (**Speaker Name)**

Next, we have Q&A/Sharing; Will take questions in received in order:

MODERATOR asks if there are any other shares/Q&A for (**the speaker)**.

Reminder to leave name and contact info in the chat/ or by email and we will have brief open session after the official meeting.

Please provide a list of other announcements to make before the official closing begins.

# CLOSING (15 minutes)

MODERATOR

“By following the Twelve Steps, attending meetings regularly, and using the OA Tools, thousands of members

have changed their lives. We offer hope and encouragement.

[To the newcomer, we suggest attending at least six different meetings before deciding if OA is for you.]

“There are many different types of meetings, all of which are available to support your recovery from compulsive eating. Information about meetings can be found at (your Intergroup’s) Website and at the oa.org website.

“This session is a place for OA members to come together to share their experience, strength,

and hope and to gain hope from those who have experienced recovery from relapse. The opinions expressed here today are those of individual OA members and do not represent OA as a whole.

Please remember our commitment to honor each other’s anonymity. Whom you see here, what you hear here, when you leave here, let it stay here.

Let us all reach out by phone or email to returning members, newcomers, and each other.

Together, we get better. We hope this meeting has given you renewed hope, strength, and encouragement. Please keep coming back, no matter what.

Thank you for allowing me to be your moderator. After a moment of silence, will those who wish, please join in reciting the 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

# Open Chat (20 minutes)

MODERATOR: We will remain on the line for 20 minutes for fellowship, questions and answers.

ZOOM ROOM CLOSE