**A PROGRAM BOOSTER SHOT WORKSHOP (DATE)**

**(adapted from SJIG) Moderator is (NAME)**

**Serenity Prayer (read by all)**

**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.**

**Diversity Policy: (Read by NAME)**

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, age, or any other attribute. We welcome all who share our compulsion. Everyone with the desire to stop eating compulsively is welcome in Overeaters Anonymous.

**Overeater’s Anonymous Twelve Steps (read by NAME)**

1. **We admitted we were powerless over food — that our lives had become unmanageable.**
2. **Came to believe that a Power greater than ourselves could restore us to sanity.**
3. **Made a decision to turn our will and our lives over to the care of God as we understood Him.**
4. **Made a searching and fearless moral inventory of ourselves.**
5. **Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**
6. **Were entirely ready to have God remove all these defects of character.**
7. **Humbly asked Him to remove our shortcomings.**
8. **Made a list of all persons we had harmed and became willing to make amends to them all.**
9. **Made direct amends to such people wherever possible, except when to do so would injure them or others.**
10. **Continued to take personal inventory and when we were wrong, promptly admitted it.**
11. **Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.**
12. **Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.**

**The Program’s Booster Shot for Continued Abstinence (5 minutes)**

 **Workshop Agenda**

**3 Speakers: What Strengthened My Abstinence (15 minutes each)**

**1st Speaker on Group Service is** **(FILL in name , IG and phone number)**

**2nd Speaker on Intergroup Service is (FILL in name , IG and phone number)**

**3rd Speaker on Region/World Service is (FILL in name , IG and phone number)**

 **30 Minutes Open Sharing after Speakers**

**RAFFLE 5 minutes-(suggestion of $25 OA literature gift card)**

 **Traditions that are supported by Service**

**Tradition One**: Our common welfare should come first; ***personal recovery depends* *upon OA unity*.**

**Tradition Five**: Each group has but one primary purpose—***to carry its message to the compulsive overeater who still suffers.***

**Tradition Seven**: Every OA Group ought to be ***fully self-supporting***, declining outside contributions.

***Please share how you relate to These***

***Traditions and the speaker’s comments on Service.***

***Please share what you are Willing to Commit to Today to Strengthen your Program. See suggestions below: (30 minutes)***

* **Group service (meeting leader/moderator, treasurer, key master, timer, security etc.)**
* **Intergroup service (representative, committee person/head, officer, etc.)**
* **Region 7 service (representative, committee person/head, officer, etc.)**
* **World Service (representative, officer, etc.)**
* **What do you think of when you hear service?**
* **What are your fears about service?**
* **What are your excuses for not doing service?**
* **What do you spend your excess time doing?**

**Seventh Tradition (5 minutes)**

**Visit our Website at**

[(your](https://oaregion7.org/wp-content/uploads/2020/06/R7-Contribution-Options-Summary.pdf) Intergroup’s website link)

**Use this link to make a gift via PayPal, Venmo, Zelle or Credit/Debit Card-(electronic preferred)**

**Or**

**Checks may be mailed to:**

**IG Treasurer (send email to your IG treasurer for exact address)**

**On Check Memo Line Please Indicate:“IG”**

**Service Workshop”**

**Raffle**

**Closing With The OA Promise and Responsibility Pledge (read by all)**

**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 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.

**Please fill out the survey below, it will be used in planning future workshops**

**SERVICE WORKSHOP SURVEY FORM**

 Link for survey: <https://www.surveymonkey.com/create/?ut_source=dashboard_survey_>

(once in the Survey Monkey link, please click on the “ **Copy** of Twelfth Step Within”)

Service body hosting workshop: (YOUR IG NAME HERE)

Date:

Time:

1. **Was the information presented in this workshop useful?**

□ Very □ Moderately □ Not at all

1. **Was this workshop Interesting?**

□ Very □ Moderately □ Not at all

1. **Was this workshop what you expected?**

 □ Very □ Moderately □ Not at all

1. **Were screen shares useful?**

 □ Very □ Moderately □ Not at all

1. **Were the presenters easy to understand?**

 □ Very □ Moderately □ Not at all

1. **Were the presenters interesting?**

□ Very □ Moderately □ Not at all

1. **Were the presenters knowledgeable?**

 □ Very □ Moderately □ Not at all

1. **Would this workshop be useful in your home area?**

 □ Very □ Moderately □ Not at all

**Please complete and forward to (email of your workshop surveyor) at the end of the workshop.**

