

## OA Art Mediation Workshop Format

- Welcome to the OA Art Meditation, Reading and Art Creation Workshop. My name is \_\_\_\_ I'm a compulsive overeater, and your leader for this meeting. Our Zoom Host is \_\_\_\_ & our artist guide today is \_\_\_\_

- After a moment of silence will all those who wish, please join me in the 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.

- Are there any compulsive overeaters here beside myself?
- Introductions: Invite attendees to introduce themselves (host will call on members)
- Can we have a volunteer to read The OA PREAMBLE?
- Can we have a volunteer to read the TWELVE STEPS of Overeaters Anonymous?
- Can we have a volunteer to read the OA TRADITION of the month?
- MEDITATION prepares us to hear what HP has for us today.
- READING OA-approved literature daily reinforces how to live the Twelve Steps and Twelve Traditions of OA.
- The Tools of Recovery pamphlet tells us that WRITING or, “putting our thoughts and feelings down on paper, ... helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them” This is also true of ART. We will explore that concept during our time together.
- May I have a volunteer to be the SPIRITUAL TIMEKEEPER for our 3-minute meditation, our 45-minute art creation time and each 5-minute shares (\*\*times to be adjusted based on how many are here today)
- To help prepare us for our meditation let's listen to the Set aSide Prayer:

Dear God, please help me to set aside everything I think I know about you, everything I think I know about myself, everything I think I know about others, and everything I think I know about my own recovery so I may have an open mind and a new experience with all these things. Please help me see the truth.

We will now have a three-minute period of meditation to bring ourselves fully into this room and invite our Higher Power to guide us in our work. Please remember that there is NO right or wrong way to meditate. You may choose to sit quietly and think, pray, or write during our group meditation . . . it is completely up to you. [Set timer for 3 minutes.]

NOW OUR ARTIST GUIDE WILL TAKE OVER or the leader will continue if they are not here today

## ART GUIDE:

Today our first reading comes from \_\_\_\_\_ & page # \_\_\_\_\_

May I have a volunteer to read?

Our second reading comes from \_\_\_\_\_ & page # \_\_\_\_\_

May I have a volunteer to read?

Just as there is NO right or wrong way to meditate, there is no correct or incorrect way to create. You may do an art project about these readings or another aspect of your OA recovery, anything that is on your heart or mind related to your experience, strength, and hope in living with the disease of compulsive eating. You may even choose to quietly pray or journal during this time instead. No one is required to share what they have created with the group. Create as if you are doing it for your eyes only and then afterwards decide if you would like to share it with us as well.

- Are there any questions before we begin? If you have questions during this time, please post it in the chat section
- Playing your own music during the 45 minutes to aid your creativity is welcomed, please make sure you are muted during this time

We will now begin our 45-minute Spiritual Art Meditation time with a 5-minute gentle reminder.

### ● SHARING:

We will now start our 5-minute shares. Please remember that feedback, cross talk, and advice giving are discouraged here. Cross talk during an OA meeting is giving advice to others who have already shared, speaking directly to another person rather than to the group, and questioning or interrupting the person speaking or sharing at the time.

Who would like to share? Please raise mechanical hand or hand & I will call on you.

(THE LEADER) will close the meeting 5/10 minutes before 3:00pm [Next page]

(Host will post the 7<sup>TH</sup> tradition info in the chat section)

## **[The leader closes the meeting]**

**According to our seventh tradition**, we are self-supporting through our own contributions. We encourage our OA Zoom members to make a monthly donation to help support this platform. We also send monthly donations to Region 8 and the OA World Service Office, which in turn, carries the message of hope, help and recovery to other compulsive overeaters. The Contact info along with the PayPal and Zelle info will be posted in the chat section and can also be found at [oospacecoast.org](http://oospacecoast.org)

LEADER: Before we close the meeting today, we need to set things in place for our next workshop.

The next workshop will be on the last Sunday of the next month \_\_\_\_\_

Do we have a volunteer to be our Zoom host?

A volunteer to be our leader? the Format can be found at [oospacecoast.org](http://oospacecoast.org) under resource tab

A volunteer to be our artist guide? \_\_\_\_\_, this person selects 2 readings on the next step

CLOSING:

I was blessed to be your leader today, and let's all show a big "hand heart" to show our appreciation to those who joined us here today –

- A big thank you to \_\_\_\_\_, our artist guide,
- to \_\_\_\_\_ for being our host,
- to \_\_\_\_\_ for being our timekeeper,
- Together we get Better!!!

We hope you are leaving this workshop with new insight, awareness, and knowledge that you will use to grow your own recovery and help others on their journey.

CLOSING LEADERS CHOICE: After a moment of silence for the still suffering compulsive overeater, please join me in the: Serenity Prayer or Roseanne's Prayer

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.

OR

I put my hand in yours, aka Roseanne's Prayer

"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."

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