

SUGGESTED FORMAT FOR THE ART/MEDITATION WORKSHOP

3rd SUNDAY of THE MONTH, 1:00 – 3:00 PM (EST)

OPENING THE WORKSHOP BY LEADER _____

- Welcome to the ZOOM Meditation, Reading and Art Creation Workshop of Overeaters Anonymous. My name is _____. I'm a compulsive overeater, and your leader for this meeting.
- Our Zoom Host _____ and our artist guide today is _____.
- Will 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? Please raise your hand
- Introductions:
Invite attendees to introduce themselves (host _____ will unmute all at this point)
- Do we have a volunteer to read The OA PREAMBLE?
- Do we have a volunteer to read the TWELVE STEPS of Overeaters Anonymous?
- Do we have a volunteer to read the OA TRADITION of the month?

- WORKSHOP FORMAT:

This workshop has a MEDITATION, READING, AND ART CREATION FORMAT.

- 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” (p. 4) This is also true of ART. We will explore that concept during this workshop today.
- May I have a volunteer to be the SPIRITUAL TIMEKEEPER for our 3-minute meditation, our 45-minute art creation time, and each 5-7minute shares (**times can be adjusted depending on how many are in the Zoom)
- MEDITATION:

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. [Set timer for 3 minutes.] 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.

(Next page the Artist guide will take over)

NOW OUR ARTIST GUIDE, _____, WILL TAKE OVER:

- Today our selected reading comes from _____. If needed the reading can be screen shared with the group or maybe read twice if it can't be viewed on the screen. May I have a volunteer to read?

(We may screen share OA approved literature, as long as we include the following citation: "Source of Material" copyright Overeaters Anonymous, Inc. All rights reserved)

We will now begin our silent art project creation. 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 the reading 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 during this time instead of creating. 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 you may. We will now begin our 45-minute Spiritual Art Meditation time with a 5-minute gentle reminder.

- ANY QUESTIONS BEFORE WE BEGIN?
- IF ANYONE HAS QUESTIONS DURING THE CREATION TIME, YOU CAN PUT IT IN THE CHAT
- ALSO PLEASE KEEP YOUR AUDIO MUTED
- PLAYING YOUR OWN MUSIC DURING THE CREATION TIME IS AN AID TO CREATIVITY

● SHARING:

We will now have 5–7-minute shares, depending on how many members are in the meeting.

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.

Can we please have a spiritual time keeper to give a gentle reminder?

The workshop is now open for sharing your project.

If you would like to share, please raise your mechanical hand, which can be found if you click on the reactions tab or you may raise your physical hand. We will have a time of sharing until everyone has had a chance to speak that desires to do so today.

[Timed shares are 5-7 minutes each depending on the group size]

(LEADER _____: 10 MINUTES BEFORE THE MEETING ENDS (AT 2:50)
START TO CLOSE THE MEETING WITH THE 7TH TRADITION.

Host _____ will post the name & address for donations in the chat.)

See next page for the 7th Tradition

● SEVENTH TRADITION:

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 will be posted in the chat section and can also be found at oaspacecoast.org Remember what a binge used to cost!

LEADER: BEFORE WE CLOSE THE MEETING TODAY, WE NEED TO SET THINGS IN PLACE FOR OUR NEXT WORKSHOP.

THE NEXT WORKSHOP WILL BE THE 3rd SUNDAY OF NEXT MONTH _____

Who will volunteer to be our Zoom host? _____

Who will volunteer to be our leader? _____

Who would volunteer to be our artist guide? _____

CLOSING: LEADER _____

I was blessed to be your leader today, and let's all show a big "hand heart" to show our appreciation to who showed up today

- A big thank you to _____, our artist guide,
- to _____ for being our host,
- to _____ for being our timekeeper,
- And thanks to all who showed up today

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. Remember, together we get better. We will close with I put my hand in yours aka Roseanne's (or the prayer of the leader's choice)

IF POSSIBLE, THE HOST WILL POST THE PRAYER IN THE CHAT:

"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."