

## SUGGESTED MEDITATION, READING & ART WORKSHOP

### OA ZOOM FORMAT

#### MONTHLY, SUNDAY, 1:00 – 3:00 PM

#### 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? Raise your hands.
- 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 3-5 minute share? (\*\*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.

*[Start timer for 3 minutes]*

**NOW OUR ARTIST GUIDE, \_\_\_\_\_, WILL TAKE OVER:**

**ARTIST GUIDE \_\_\_\_\_**

**(READING: HOST \_\_\_\_\_ WILL POST THE READING IN THE CHAT)**

- Today our selected reading comes from \_\_\_\_\_. The reading will be screen-shared with the group, posted under the chat section, or read twice if it can't be viewed on the screen. May I have a volunteer to do the reading?
- **EXPLAIN HOW TO DO THE ART PROJECT**
- **ANY QUESTIONS BEFORE WE BEGIN?**
- **IF ANYONE HAS QUESTIONS DURING THE CREATION TIME, YOU CAN PUT IT IN THE CHAT**
- **ALSO PLEASE MUTE YOUR AUDIO**
- **PLAYING YOUR OWN MUSIC DURING THE CREATION TIME IS AN AID TO CREATIVITY**

**After the instructions:**

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 a art project about the prompt question, another aspect of your OA recovery, or 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 as well.

*(Start timer for the art project creating time – adjust according to how many are in the Zoom) and give a 2 minute warning that time is almost up.*

● **SHARING:**

We will now have 3-5 minute shares.

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.

We ask everyone to respect this group's conscience. This meeting has decided that the leader has the discretion to suggest to anyone sharing that he or she is speaking too long. The meeting asks you to accept this suggestion in order to keep the meeting on track.

The workshop is now open for sharing your project. I will take the names of 3 people that would like to share first. After they have shared, I will take another 3 names until everyone has had a chance to speak that desires to do so.

*[Time shares are 3-5 minutes each with an optional 1-minute warning]*

**GENERAL SHARING OF ART PROJECTS:**

We'd like to open the floor for you to show and tell us about your art project. The time of each share should be no more than 5 minutes. (depending on how many are in the zoom)

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**LEADER \_\_\_\_\_ : 5 MINUTES BEFORE THE MEETING ENDS (AT 2:50) START TO CLOSE THE MEETING WITH THE 7<sup>TH</sup> TRADITION.**

**Host \_\_\_\_\_ will post the name & address for donations in the chat.**

● **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. We will post the address for our OA IG Treasurer, Kathy M [or current Intergroup Treasurer] in the chat section. PLEASE make your check payable to OA Space Coast IG. 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 DATE OF THE WORKSHOP WILL BE \_\_\_\_\_ (four weeks)**

**Who would volunteer to be our artist guide? \_\_\_\_\_**

**Who will volunteer to be our leader? \_\_\_\_\_**

**And who will volunteer to be our Zoom host? \_\_\_\_\_**

**CLOSING: LEADER \_\_\_\_\_**

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

- A big thank you to \_\_\_\_\_, our artist guide,
- to \_\_\_\_\_ for being our host,
- to \_\_\_\_\_ for being our timekeeper,
- and thanks to all who shared today
- And even if you didn't share your art project, we thank you for your participation 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 journeys. Remember, together we get better. We will close with *I put my hand in yours aka Roseanne's Prayer (or the prayer of the leader's choice)*:

**HOST \_\_\_\_\_ WILL POST THIS 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."*