

“KEEPING OUR RECOVERY STRONG” WORKSHOP

OA HOLIDAY WORKSHOP: TWELFTH STEP WITHIN DAY

OPENING (10 minutes)

Serenity Prayer

Readings: Twelve Steps and Twelve Traditions

SPEAKERS (60 minutes, 30 minutes each)

Introduce speakers who will speak about abstinence and relapse.

Speaker One: Speaks on Tools to use when you're having trouble with your abstinence or willingness.

Speaker Two: Speaks on how they came back to OA after leaving, how they became abstinent after relapse, and/or how they keep their recovery strong.

BREAK / BREAK INTO GROUPS (15 minutes)

Exercise – Read the *From Slip or Relapse to Recovery* handout (found in the Document Library at oa.org) and discuss the following questions: (40 minutes)

- Look at our eating behaviors. Do we see anything that may be causing problems, such as eating in the car, sneaking food, eating standing up, eating in front of the TV, skipping meals, allowing too much flexibility in our plan, or anything else from which we need to be abstaining?
- Are we hanging around “slippery” people and “slippery” places, such as specific family members, friends, restaurants, or grocery stores?
- Are there changes we need to make to our plan of eating?
- Are there changes we need to make in our eating behaviors?
- Are there other actions regarding our food and eating that we need to take?
- What changes in our thinking do we need to make?
- What changes do we need to make to our program spiritually?

GROUP SHARING (30 minutes)

CLOSING (15 minutes)

Announcements

Raffle

Close

ADDITIONAL RESOURCES

- **Downloadable document from [oa.org](https://www.oa.org):** *Temporary Sponsors: Newcomers' First Twelve Days*
- **Books from OA bookstore:** *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition; For Today, Voices of Recovery; Abstinence, Second Edition.*
- **Pamphlets from OA bookstore:** *Welcome Back: Suggestions for Members in Relapse and for Those Who Care; Welcome Back, We Care! Packet.*

[Name of intergroup/service
body]

recognizes

Twelfth Step Within Day*

with a

Twelfth Step Within Workshop:

Keeping Our Recovery Strong

Date

Times

Location

Address

For information:

Contact [name/telephone #]



“Always to extend the hand
and heart of OA to all who
share my compulsion; for this I
am responsible.”

– OA Responsibility Pledge

* Twelfth Step Within day is December 12th
(12/12), but we are celebrating on [date of
workshop].