

TSW FORMAT
for
INFORMATION GATHERING
"Ideas that Work"

Type of Project: Abstinence

Project Name: "Focus on the Solution"

Project Goal: To share one intergroup's ideas & thoughts about abstinence

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Comments (including things of which to be mindful): We have a suggested period of abstinence for service positions for intergroup and also for service tasks at group level. More important is a person's recovery, so we always let group conscience decide if someone is fit for the task. Most important is that a person is actively working the Twelve Steps of OA with a sponsor and is willing and able to do the task. We try to focus on the steps and traditions - abstinence is a gift from HP and very personal for everybody. Whether an overeater, anorexic, or bulimic - if you focus on the solution, abstinence will come in God's time.

Results: To increase our awareness in connection to abstinence