

Amazing Recovery: Passport to Unity



2017 WSBC Forum

Presented by the Region Chairs Committee

Tradition One

“Our common welfare should come first; personal recovery depends upon OA unity.”

Unity with Diversity Statement

“As we extend the heart and hand of the OA Fellowship to those who still suffer, let us be mindful of OA’s Unity with Diversity policy, which respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at a meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait.”



Imagine you are on a journey around the world, and find yourself needing a good dose of recovery and OA fellowship. The OA website shows there are several meetings in the area. You take a deep breath, ask the concierge for directions, and set out to find your OA fellows.

After several wrong turns down unfamiliar streets, a blister forms on your right heel. You're thirsty, even a little *hungry*, and consider turning back. But, you really need OA today!

Finally, you find yourself at the entrance of a large church at the correct address, but the door is locked. You circle the building, trying door after door. Just as you're about to give up, you see a small welcome sign.

As you slide into an empty seat, the meeting begins. Right away you notice small differences in format. Your favorite reading isn't included at all! The leader is speaking very quickly, which isn't helping your serenity! Uncomfortable, you try to settle in to hear the speaker, only to discover that she isn't exactly "speaking your language" in more ways than one!

Your stomach growls again ... you *really* need this meeting! At that moment, you remember something your sponsor once said:

"Identify, don't compare."

You decide to stay and listen, setting aside any differences between yourself and the speaker to look for common ground and unity.

This booklet is your Passport to Unity. On the next page is a list of many diverse "countries" in OA. Today we will each have an opportunity to visit four of these "countries." As you listen to the native people in each land, see if you can answer the reflection questions offered and get a stamp on your Unity Passport.

Of course, the journey doesn't stop today – we will all have more opportunities to seek understanding and Unity in Diversity.

To everyone:

"Welcome to OA, Welcome Home!"



We are a Diverse Fellowship! Here are just *a few* of the many vantage points and/or paths to recovery within OA:

90-Day Format

Long Term Recovery

100+ Pound (45kg)
Weight Loss

Non English Speaker

A Vision for You

Nontraditional Higher
Power

Anorexia

Person of Color

Bariatric Surgery

Relapse Survivor

Bingeing

Young Person

Bulimia

Men in OA

Compulsive Exercise

OA-HOW

Health / Disabilities

Virtual Meetings

LGBTQ

And More!



Meeting 1: Questions for Reflection

1. I may never have struggled with _____, identified as _____, or used the _____ format, but I am able to identify because ...
2. Some qualities/experiences I share with this person are ...
3. This person's recovery strengthens mine because ...
4. Although I work my program differently, I can see how this person's experience might help someone I know because ...



Meeting 2: Questions for Reflection

1. I may never have struggled with _____, identified as _____, or used the _____ format, but I am able to identify because ...
2. Some qualities/experiences I share with this person are ...
3. This person's recovery strengthens mine because ...
4. Although I work my program differently, I can see how this person's experience might help someone I know because ...



Meeting 3: Questions for Reflection

1. I may never have struggled with _____, identified as _____, or used the _____ format, but I am able to identify because ...
2. Some qualities/experiences I share with this person are ...
3. This person's recovery strengthens mine because ...
4. Although I work my program differently, I can see how this person's experience might help someone I know because ...



Meeting 4: Questions for Reflection

1. I may never have struggled with _____, identified as _____, or used the _____ format, but I am able to identify because ...
2. Some qualities/experiences I share with this person are ...
3. This person's recovery strengthens mine because ...
4. Although I work my program differently, I can see how this person's experience might help someone I know because ...



Suggestions for Growing Unity in OA

1. Read Tradition One in *OA Twelve and Twelve*, then do a group inventory using the italicized questions at the end.
2. Read the story about “members of the only group in a tiny Midwestern town,” starting on page 113 in *OA Twelve and Twelve*.
3. Read about the “divided intergroup,” starting at the bottom of page 111 in the *OA Twelve and Twelve*.
4. Consider the implications on OA as a whole if these stories had not ended in unity.
5. Go through the Unity with Diversity checklist as a group.
6. Help your group or service body host a Unity Day event.

Notes and Personal Reflections



OA Promise

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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