Workshop:- How to Abstain from Compulsive Eating One day at a Time -
(Including - Abstinence / Working the Program / Carrying the Message with specific attention to Newcomers)
OA Region 9 Assembly - Thur 24th Nov 2011 17.00 – 18.25

Materials used:-
- Suggested meeting format (1 for every participant).
- Abstinence Workshop - Writing tool sheet (1 for every participant). (Sheet A attached)
- Abstinence – Lifeline Oct 2000 extract (example given to each group). (Sheet B attached)
- Questions to Ask Newcomers (from A Guide for Sponsors) (1 each for every participant).
- Newcomer Meetings Guidelines (1 for every group)
- Abstinence ‘Table Top Questions’ (1 for every group – say 5 groups).
- Newcomer Packet as display item & Newcomer meetings Guidelines

Pamphlets displayed:-
- Plan of Eating
- Commitment to Abstinence
- Before you take that first Compulsive Bite
- Think First (pocket card)
- Just for Today (pocket card)
- A guide for Sponsors

Workshop itself:-
- Chair introduced the workshop and explanation as follows :-
  ‘Welcome to our workshop on abstinence and How to Abstain from Compulsive Eating – it will include the new tool - Action plan and also the Newcomer Meetings packet (not the same as a Newcomer Packet). You will be able to take away the workshop and perform it back home in your own service bodies and then get others in the fellowship to do the same.

  Pass out ‘writing tool sheet as attached’ and ask participants to write their name and the date on their own sheet.
  - Reading from - To the Newcomer ***** to ***** as marked in the pamphlet.
  - Reading of definition of Abstinence

  ‘Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviours while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.’
  - Four minutes ‘Eleventh Step Sandwich’ –
    Serenity Prayer
    Meditate on - What does my recovery look like?
    Step 3 Prayer
    Eleventh Step Prayer
    Write for 1 minute in top left hand box of ‘Abstinence Workshop - Writing tool sheet’.

  Chair explanation that:-
  - whilst the workshop progresses – that the participants are to write in the appropriate sections in the writing tool sheet. i.e. as thoughts spring to mind – draft in and write ideas as they spring to mind what you think are – The benefits of abstinence, definitions of abstinence, and actions taken by the speakers to become and maintain abstinence. It does not have to be neat – these are your rough notes. If you attend the Action Plan workshop at the Convention – you will have a Personal Action Plan to take away.

  - Region Secretary told personal story and pass pictures (10 – 12 mins)
  - Region Treasurer – ----------------- “-------------------------------------

  These were told with specific reference to - Things did / still do to ‘put down the food’ and specifically referring to when first became abstinent and how that was achieved and what continue to do to maintain abstinence.

  - Reading of Action Plan definition from tools pamphlet

  ‘An action plan is the process of identifying and implementing attainable actions, both daily and long – term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. While the plan is ours, tailored to our own recovery process, most of us find it important to work with a sponsor, fellow OA member and / or appropriate professional to help create it. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

  For example, a newcomer’s action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine to improve strength and health, while others may need to set exercise limits in order to attain more balance. Some of us may need an action plan that includes time for meditation and relaxation or provides strategies for balancing work, personal interactions with family and friends, and our program. Others may need help to organise their homes; deal with their finance; and address medical, dental or mental health issues.

  Along with working the Steps on a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance and manageability into our lives. As we use this tool, we find that we develop a feeling of serenity and continue to grow emotionally and spiritually while we make measurable progress one day at a time.’

  - Split into groups for questions
  - Sharing from groups (4 mins each group - answers to be on the R9 web site)
  - Close with 3 mins meditation on – Abstinence Actions
    Write for 1 minute in abstinence writing tool.
    Eleventh Step Prayer
Questions for the Groups

Group 1
1) How do you make your meeting a ‘school for abstinence’
2) How do your groups encourage subscriptions to Lifeline?
3) Does your groups give out a Newcomer Packet to newcomers?
4) Does your groups use the Newcomer Meetings Guidelines?

Group 2
5) Name some of the things you did / do to become / remain abstinent?
6) How do your groups encourage subscriptions to Lifeline?
7) Does your groups give out a Newcomer Packet to newcomers?
8) Does your groups use the Newcomer Meetings Guidelines?

Group 3
9) If you are having a Newcomers meeting – which topics would you think are good ones to include?
10) How do you deal with the translation and distribution of Lifeline in your language?
11) Does your groups give out a Newcomer Packet to newcomers?
12) Does your groups use the Newcomer Meetings Guidelines?

Group 4
13) What’s the difference between a Plan of Eating and Abstinence?
14) How do you deal with the translation and distribution of Lifeline in your language?
15) Does your groups give out a Newcomer Packet to newcomers?
16) Does your groups use the Newcomer Meetings Guidelines?

Group 5
17) Does your group members all use the OA Meetings Format (as on OA.org) and if so when was the last time they reviewed the latest format and translated it?
18) How do you deal with the translation and distribution of Lifeline in your language?
19) Does your groups give out a Newcomer Packet to newcomers?
20) Does your groups use the Newcomer Meetings Guidelines?

Group 6
21) What pieces of literature does your group recommend to newcomers?
22) How do you deal with the translation and distribution of Lifeline in your language?
23) Does your groups give out a Newcomer Packet to newcomers?
24) Does your groups use the Newcomer Meetings Guidelines?
In OA, the Statement on Abstinence and Recovery is 'Abstinence is the action of refraining from compulsive eating and compulsive food behaviours while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve Step Program.'

### What does your recovery look like?

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<tr>
<th>Name</th>
<th>Date</th>
<th>Benefits of abstinence?</th>
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### Personal Definition of Abstinence

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<th>Actions required.</th>
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When I look at the attached extract from Lifeline magazine Oct 2000 – can I ask myself.
a) What does abstinence mean to me? b) What are my plans for actions to achieve/maintain abstinence today? &
c) What do I see are the benefits of abstinence in me or others?