FREEDOM IN ALL AREAS OF OUR LIFE - ITALY 2013

WORKING THE STEPS -

Principles: Honesty / Hope / Faith / Courage / Integrity / Willingness / Humility / Self-Discipline / Love For Others / Perserverance / Spiritual Awareness / Service

Prayers for all the steps (helps in letting go…)

NINETH STEP – "Made direct amends to such people wherever possible, except when to do so would injure them or others".

Pg. 83 FAMILY – So we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, tolerance, kindliness and love.

FOURTH STEP – “Made a searching and fearless moral inventory of ourselves”.

PG 67 RESENTMENT – We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, “This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done”.

Resentment questions (step 4 / step 10 - “Continued to take personal inventory and when we were wrong, promptly admitted it”). … What’s my part in it. What do I fear.

EXERCISE - WRITE OR THINK OF SOMETHING/SOMEONE (RECENTLY - FRESH - STEP 10), AND GO THROUGH THE DEFECTS OF CHARACTER (16) RESENTMENT QUESTIONS.

READ "12 STEPS TO A SLIP".

2. Become critical of the methods used by other members who may not agree with you in everything. (IF IN ALL AREAS OF MY LIFE - BAD NEWS!)

WORKING THE TRADITIONS -

Principles: Unity / Trust / Identity / Autonomy / Purpose / Solidarity / Responsibility / Fellowship / Structure / Neutrality / Anonymity / Spirituality

• 12 Traditions - how groups and the organization are to be run, and service... good ways of living in a group, guidelines on how to live in a group

• Traditions - maintain group unity...meeting format; meeting directory; newsletter; service board; group conscience.
Tradition 1 - "Our common welfare should come first; personal recovery depends upon OA unity". Continue to live and recover; continued support of OA groups and inspiration of fellow members; daily opportunities to be of service to other compulsive overeaters...personal recovery - depends on OA unity - follow traditions.

Traditions in your Personal Life

READ THIS (TRADITIONS IN YOUR PERSONAL LIFE)

TRADITION 2 - Is the voice of a loving God being expressed in the ‘group conscience’ of other people in my life or has one person become the ‘ultimate authority’? (RECOGNIZE MY CONTROL...)

Tradition 2 - "For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern"

* **Group conscience:**

1. discuss, vote - people will get hurt, insulted, but it will be okay - there is a principle
2. more strength in working out solutions together, trust outcome to loving H.P.
3. limits authority, is wiser than any leader, responsibility to share what we have learned, old timers can use their experience and guidance but not to run the group forever (this leads into service...)

* **Service:**

1. instead of a power structure, we have a service structure
2. vital part of personal growth in OA is giving service, but humility - give up our service position (service positions rotate regularly)
3. all OA members share a responsibility for the operation of OA, not "they" or "them" but "we" and "us" (why no meeting where I live?)

Yossi is elected for his 3rd 2-year term as Intergroup chair even though the bylaws state the limit is 2 2-year terms...(break of tradition 2)

SERVICE IN ALL AREAS OF OUR LIVES - IN THE STEPS & TRADITIONS

Step 12. "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs".

Tradition 5. "Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers".
giving service in OA helps you to contribute more in your everyday life…

- service improves life – relationships, social skills, connections, abstinence, empowerment, family and community involvement. Sane and useful life is promised to us!
- service improves quality of time with family and others
- helps teach skills we didn’t have and can use elsewhere
- take the principles through all of your life

1. What have you learned about yourself that you might not have gained otherwise?
2. What skills have you gained by giving service?

WORKING THE CONCEPTS OF OA SERVICE -

**Principles**: Unity / Conscience / Trust / Equality / Consideration / Responsibility / Balance / Delegation / Ability / Humility / Selflessness, Realism, Representation, Dialogue, Compassion, Respect

**About the Twelve Concepts:**

- Helps us apply Steps and Traditions in service work
- Defines and guides service structures
- Directs trusted servants in sound decision-making
- Supports our primary purpose

**Concept Three**
The right of decision, based on trust, makes effective leadership possible.

- Authority bestowed on trusted servants – often based on past experience; Often served in other roles; Trusted to act and lead responsibly/make best decisions for whole group.

Concept 3
1. Trusted servants must consult with the members they serve on how to execute the duties of their positions. (F)
2. It is prudent to select members who have served in other service positions to serve in a decision-making role. (T)
3. Members in a decision-making role can do anything they want. (F)
4. Trusted servants have the right to decide how to do their jobs. (T)

Name examples of when you had to trust someone in a position of responsibility in the fellowship. What have you learned from their examples of service?

Think of when your intergroup or group was bogged down in a discussion about an unresolved issue. How could Concept Three have helped the situation?

**Concept Nine**

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

- (For service positions, have your bylaws and policies define - necessary abilities and skills; service, time and abstinence requirements; Avoid conflict!).

**Concept 9**

1. Although some service bodies may require certain skills and abilities, willingness is the first step in OA service. (T)
2. One of the best ways to attract service participation is the provide food. (F)
3. It is important to clarify duties of each position. (T)
4. Anyone should be allowed to hold any service position if they are abstinent. (F)
5. The World Service Office decides what the requirements are for trusted servants. (F)
6. Willing members can be trained for service positions by working with others. (T)

What is the best way to attract members to service positions? What is the best way to chase members away from service positions?

Susie Q had 3 sponsees and had been taught by her sponsor to teach her sponsees to do service for Overeaters Anonymous.

- Sponsee number one came into OA 1 month ago and is a Certified Public Accountant. Susie Q thinks she would be a great choice for the empty slot at treasurer of Intergroup. What do you think?

- Sponsee number two has been in OA a long time with decades of abstinence and was a Trustee in the Michigan a few ago before she moved to Florida. Unfortunately she has chronic illness so she recently relapsed and binged for a weekend. She got right back on her food plan and doesn't appear any worse for the relapse. Susie Q thinks number two would be great candidate for Regional Trustee. What do you think?

- Sponsee number three is Susie Q's best friend and has been in program for over 12 years. Number three has long term abstinent and recently retired with lots of time on her hands. Susie Q thinks number three has some great ideas for Intergroup. Susie Q is the current Intergroup Chair with 6 more months left in her term. Susie Q is having a little trouble with her abstinence and would like to have number three take over for her as Chair until elections in a few months. What do you think?