

WESTCHESTER UNITED INTERGROUP
invites you to join us for

OA's I.D.E.A. DAY!

Gentle Return to the Program of Recovery

NOVEMBER 15, 2014 · 2:00 to 5:00 pm
Friends Meeting House · 133 Popham Road · Scarsdale, NY

No fee or suggested donation - we will pass the basket

NO JUDGMENT · NO SHAME

- Just a Warm Welcome
- A Strong Dose of Hope
- A Plan of Action That's Right for You!



*"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."
(~Excerpt from The OA Promise)*

Questions? Contact Marcia M. 914.693.1613 or Kimberly 914.824.1509

BY THE END OF THE DAY, YOU WILL BE ABLE TO...

- Connect with people who are on the journey alongside you and those who can help and guide you
 - Identify which foods trigger you (e.g., you can't stop eating or thinking about them) and what to do about it
 - Have a plan of action that will help you get on track physically, emotionally and spiritually
 - See how your experience can benefit others
-

WORKSHOP FLOW

2:00-2:10- Opening

Serenity Prayer & 12 Steps

Welcome

- returning to the rooms after an absence or in relapse and suffering in the rooms
- struggling & worried about relapse, or in recovery & here to share experience strength & hope
- read highlights from green "Welcome Back" brochure

Logistics

- silence cell phones
- restrooms
- breakout rooms
- agenda
- handouts

There are many ways people work the program and stay in recovery, so we will start with three speakers who are recovering in OA after relapse...

2:10-2:55- Three speakers who will speak about relapse and recovery (15m each)

- Speaker 1 name
- Speaker 2 name
- Speaker 3 name

2:55 – 7th tradition

2:55- 3:10- Presentation on Addiction Cycle (Dr's Opinion) and how it applies to us

- Speaker 4

3:10 – introduce small group activity, Jeannette (sponsor coordinator) & ACTION PLAN CARD

- It works if you work it, so listen for the many ways you can work the program
- Complete your Action Plan Card as you go through the small group exercises
- Break into groups based on color of post-it in folder

3:10-3:25- Break (and breaking into groups)

- 3:25-3:50- Exercise #1: **Food Plan** (Identifying A, B, C foods and what to do about it)
- 3:50-4:15- Exercise #2: **Tools** (What are the 9 tools & which ones can you use right away?)
- 4:15- 4:45- Exercise #3: **Steps 1-3** (What do they mean, how can you apply them?)

4:45-5:00- Positive pitches, ask sponsors to stand, Closing

INVITING PEOPLE TO IDEA DAY (SCRIPTS)

INVITING PEOPLE TO I.D.E.A. DAY:

Look through your We Care books for “missing faces” – people who have not been at the meeting in weeks or months.

Write 3 names on a piece of paper and ask for volunteers to call people to invite them to IDEA Day.

GIVE VOLUNTEERS THIS “SCRIPT”:

Hi, _____; this is _____. I haven’t seen you in a while. I saw this flyer and thought about you.

OR

Hello, is this _____? It’s _____ from the meeting. I’ve been thinking about you and I’m reaching out to let you to stay in touch.

OR

Hello _____. This is _____. I saw your name on an old page in the We Care book at the _____ meeting. So, I’m calling to let you know that I’m thinking of you.

Westchester OA is hosting an afternoon meeting on (pick one):

- Coming back to OA with no judgment – just a warm welcome
- Helping people get back in recovery
- Getting back on track physically, emotionally & spiritually

It’s the afternoon of 11/15, from 2 – 5:00, in Scarsdale. Pick one:

- I’d love to see you; can I meet you there?
- It would be great to see you again. Can I e-mail you the information?
- If that sounds like something you’d be interested in, I can give you the information.
- It would be great to go together; can I pick you up?

Please use a warm, welcoming approach!

NOVEMBER 15, 2014 - 2:00 to 5:00 pm

**Friends Meeting House
133 Popham Rd, Scarsdale**

SIGN

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OA's
I.D.E.A. DAY!

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of Recovery**

Offered by

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FACILITATOR INSTRUCTION FOR BREAKOUT GROUPS

There will be 3 facilitators in each small group; each one facilitates their topic for ~ 25 mins, then the MC will announce a switch to the next topic (and next facilitator). You are encouraged to bring a photo.

Please help insure that the environment in the group is welcoming, filled with hope, empathy, meeting people where they are and carrying the message in a gentle way with no judgment, no shame.

Guidelines for timing on your 25 min exercise:

1) Facilitator for Food Plan Exercise (~ 3:25-3:50):

- Facilitator gives 2-3 min qualification; tell your story of relapse and recovery, and talk about your food plan
- Food Plan Worksheet: group discusses what are A foods, then each person writes their own A foods: Discuss C foods, each person writes, then B, etc. (15m)
- Facilitator talks about building a food plan knowing the A,B, C (if time, can talk about eating behaviors) (2m)
- Individuals share what they are willing to abstain from (3m)
- They write it on their Action Card

2) Facilitator for Tools Exercise (~ 3:50-4:15):

- Facilitator gives 2-3 min qualification; tell your story of relapse and recovery, and talk about how tools help your recovery
- Tools Worksheet: Review 9 tools and share briefly how you use them (10m)
- Individuals share on tools that have helped them or ask questions related to the tools (10m)
- They write on Action Card 1-2 tools that they will start doing immediately

3) Facilitator for Steps 1-3 Exercise (~ 4:15-4:45):

- Facilitator gives 2-3 min qualification; tell your story of relapse and recovery and how Steps 1-3 help your recovery
- Steps Worksheet: Review Steps 1-3 and share briefly on them (5m)
- Facilitator picks 1 question from each step for group to discuss (and/or write and share if there is time) (20m)
- Individuals write on Action Card what they will do to apply the steps in their lives
- Last few minutes for questions, making sure they have their cards
- Optional: they can buddy up with someone and sign a "Recovery Insurance Policy" in their packets

POCKET CARD FOR BREAKOUTS

Front:

MY ACTION PLAN - Just for today, I will:

Apply Steps 1, 2 and 3 today by:

CALL:

Back:

MY ACTION PLAN - Just for today, I will:

Abstain from the first bite of these column A ("red light") foods:

Use these 1 or 2 tools to help me:

A-B-C WORKSHEET FOR FOOD PLAN BREAKOUT

IDENTIFYING YOUR TRIGGER FOODS

COLUMN A	COLUMN B	COLUMN C
“Alcoholic” foods (Red light foods) Foods that trigger you	“In Between” foods (Yellow light foods) Foods that are sometimes problematic	“Clean” foods (Green light foods) Foods that generally aren’t a problem
These are foods you never have just one of; foods that you turn to (consciously or unconsciously) when your feelings are particularly pleasant or unpleasant.	These foods may or may not call to you; you might overeat them in certain settings but they don’t seem to trigger cravings or the obsession to binge.	You can take or leave these foods; they are clearly not comfort foods and – more often than not – you don’t overeat them.

QUESTIONS FOR STEPS 1-3 BREAKOUT

STEPS 1, 2, 3 - SOME QUESTIONS TO CONSIDER

STEP 1

“We admitted we were powerless over food- that our lives had become unmanageable.”

- 1) What am I powerless over?
- 2) What are the consequences of my disease, the ways my life became unmanageable?
- 3) History of my destructive eating?
- 4) What have I done to attempt to control my eating and/or weight?
- 5) Which foods and which eating behaviors cause me problems?

STEP 2

“Came to believe that a Power greater than ourselves could restore us to sanity.”

- 1) In looking at my life, how have I acted in insane and/or irrational ways while eating?
- 2) What miracles have I seen or heard about in my OA groups?
- 3) What miracles- or improvements do I see in myself when I'm abstinent?
- 4) What are some powers greater than me?
- 5) How can I define a “Higher Power?”

STEP 3

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

- 1) In what ways am I willing to adopt a whole new attitude about weight, body image, and eating?
- 2) How do I feel about completely turning my life over to a Higher Power for guidance?
- 3) How can I turn my will and my life over to a Higher Power and to the ideas I hear about in OA?
- 4) Why do I need to follow this new path?
- 5) How can I truly work Step 3?

“HOW WILL I USE THE TOOLS?” - TOOLS BREAKOUT

OA’s Tools of Recovery

TOOL	WHAT IS IT?	WHAT WILL I DO?
Plan of Eating	A Plan of Eating defines “what, when, how, where and why we eat” and helps us abstain from compulsive eating.	
Sponsorship	Find someone who has what you want (physically, emotionally and/or spiritually) and ask that person how he or she is achieving it.	
Meetings	Meetings give us an opportunity to hear others with my problem and to hear about our common solution through the Twelve Steps. When you can’t get to a face-to-face meeting, try phone meetings, online and/or non-real-time meetings. (See www.oa.org/find-a-meeting)	
Telephone	We can get help by staying in touch with others between meetings. Calling, texting and emailing help when we’re feeling restless, having a hard time – or just need to connect.	
Writing	Writing about our thoughts and feelings is very helpful, and can make it easier see what’s going on with our feelings, actions and reactions.	
Literature	We read the OA 12 & 12 (Twelve Steps and Twelve Traditions of Overeaters Anonymous), the AA Big Book (Alcoholics Anonymous), For Today, Voices of Recovery, the AA 12 & 12 and other OA-approved books and pamphlets. Reading literature frequently can help us get abstinent and learn how to apply the Twelve Steps in hard times and good times. (bookstore.oa.org)	
Action Plan	An action plan can be a list of things to do that will help us get and stay abstinent. “Just like our plan of eating, it may vary widely among members and may need to be adjusted to bring structure, balance and manageability into our lives.”	
Anonymity	I can feel safe in OA, because I know that what I say in the meetings or to another OA member won’t be repeated. Anonymity means I won’t tell anyone that you’re in OA, but I can tell anyone I want to that I’m in OA.	
Service	<p>Doing service helps me. Even small acts like putting away the chairs after a meeting or talking to a newcomer help me feel more connected in OA.</p> <p>As OA’s responsibility pledge states: “Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible.”</p>	

See the full *Tools of Recovery* pamphlet for more information.