

Workshop Outline:- Action Plan & Abstinence
OA Region 9 Convention - Sat 26th Nov 2011 15.00 – 16.15

Presentation of a workshop that cover the OA tool 'Action Plan' and Abstinence. To include some sharing from the members present so that members hear about actions abstinent members have taken during their OA journey and compile their own personal list of actions to take away with them. The workshop was conducted in English, Dutch & French.

Outline of workshop

- 10 Mins - Introduction and explanation
- 15 Mins – Members in attendance to meditate & consider own actions and write these in the 'Abstinence Workshop - Writing tool sheet' (1 for every participant). (Sheet A attached)
- Reading of Definition of Action tool from the Tools Pamphlet in English, French & Flemish.
- 30 Mins - Sharing from the floor as to actions that folk took / take to stay abstinent.
Whilst taking the sharing from the floor - write up flip chart bullet points as this happens in English, French & Dutch.
Attendees to continue to write in their own writing sheet.
- 10 Mins thinking and writing on own -
What does my abstinence look like?)
Personal Definition of Abstinence and) (Refer book mark Sheet B attached)
Benefits of Abstinence.) (English Dutch & French)
- Thank - you and Serenity Prayer in English, French & Flemish and close with
- 7th Tradition.

Copies given :- 'Abstinence Workshop - Writing tool sheet' (Sheet A) (English, Dutch & French)
'My Personal Abstinence Action Plan (book mark)' (Example B – in lightweight card) (English, Dutch & French) (Refer separate file)
OA Bicycle (Sheet C)

Notes :-

- Members with a similar language sat together so as to help with sharing and writing on flip charts etc. thus - French Speakers sat with French Speakers and English with English & Dutch with Dutch Speakers.
- Workshop 'leaders' / translators stayed with the members that spoke 'their' language and used a white board / flip chart write in bullet point form – the actions that the members share that they have taken. This will help as an aim memoire to the folk at the workshop. Is it possible for this?? Please let me know if it is possible? If there is a problem with having these flip charts – let me know & I can bring some portable flip charts to use instead.

• 'Action Plan – Extract from the 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.'

There was a French version of this and the Dutch one.

Name

Date

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.'

Benefits of abstinence?

What does your recovery look like?

Personal Definition of Abstinence

Actions required.

The Abstinent member in OA – sitting on the Twelve Steps, with HP driving, peddling with the Twelve Traditions and Twelve Concepts of Service. The front wheel of the OA bicycle has our main goals of the OA Strategic Plan – Strong Meetings, Public / Professional Awareness, Committed Service Bodies and Financial Health to achieve it. The rear wheel has the structure of OA – the Groups who lead the fellowship with the service bodies that support them, the World Service Business Conference, the Board of Trustees and lastly the World Service Office

