

# UNITY DAY WORKSHOP

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## OA HOLIDAY WORKSHOP: UNITY DAY

### UNITY DAY WORKSHOP EXAMPLE 1

#### OPENING

*Leader:* “My name is [*name of leader*]. On behalf of the [*service body name*], who has come together today to sponsor this meeting, we thank you for coming and welcome you to Unity Day. Are there any other compulsive eaters in the room, besides myself? Are there any newcomers here today? How many are attending their first Unity Day meeting?”

#### Logistics

“Before we begin, I have a few announcements:

- The rest rooms are located [*location*].
- [*service body name*] has Conference-approved literature for sale.
- Raffle tickets are available before the meeting and during the break. The raffle will be held after the Ask-It Basket.
- Pencils and paper are available to write questions for the Ask-It Basket panel.
- Please silence cell phones.

#### Serenity Prayer

“After a moment of silence for those still suffering both inside and outside the rooms of OA, we will begin with the Serenity Prayer.” (*Serenity Prayer and OA Promise, etc., are found on a separate page at the end of this document.*)

#### Readings

“Would someone please read the OA Preamble? Would someone please read the Twelve Steps? Would someone please read the Twelve Traditions?”

#### **SPEAKERS (45 minutes to 1 hour, 15 to 20 minutes each)**

“Today, worldwide, in over fifty countries, members of Overeaters Anonymous are meeting to celebrate the importance of unity within the OA Fellowship. Tradition One tells us, ‘Our common welfare should come first; personal recovery depends upon OA unity.’

“In the spirit of that unity, our meeting today will begin with three speakers, each from a different area. Each will share for approximately fifteen to twenty minutes. They will share briefly about themselves and then about the meaning and importance of Tradition One in their program.

“Later in the meeting, we will have a panel of members who will answer questions from the Ask-It Basket. Please keep the focus on unity. We will pass a basket later to collect the questions.

“After our speakers, we will open the meeting for three-minute shares.

“Would someone please volunteer to be timekeeper? Speakers will be notified when they have one minute remaining and when their time is up. We want to remind all who are in other Twelve Step programs to speak only to their recovery in OA. We come together today as compulsive overeaters.

### **Speaker One**

“Our first speaker will be: \_\_\_\_\_.”

### **Speaker Two**

“Our second speaker will be: \_\_\_\_\_.”

### **Speaker Three**

“Our third speaker will be: \_\_\_\_\_.”

## **SHARE**

“The meeting will now welcome sharing until [*time*].”

## **MOMENT OF SILENCE**

“At [*time*], OA suggests a worldwide unified moment of silence. Then, we will all say the OA Promise.”

## **BREAK (5 to 10 minutes)**

“We will now take a short break. Last chance to get your raffle tickets and put your questions in the Ask-It Basket.” (*Announce time to reconvene.*)

## **BREAK INTO GROUPS (15 minutes)**

“At this time, we will break into small groups to discuss the topic of Unity. Please reconvene at [*time*].”

## **OPEN SHARE (30 minutes)**

“We will now have open sharing about this topic. The time limit will be three minutes each. Would someone volunteer to be the timekeeper? The timer will let you know when you have one minute left, and when your time is up.”

## **ASK-IT BASKET (20 minutes)**

“Would those who volunteered for the Ask-It Basket panel please come forward? Please tell us your first name, where you are from, and how long you have been in OA. If you have additional questions for the panel, please put them in the basket now.”

### **RAFFLE (10 minutes)**

### **CLOSING/SERENITY PRAYER**

“On behalf of the [*service body*], thank you all for coming to our Unity Day celebration. Please complete the Unity Day Workshop Survey Form (*found at the end of this document*) before you leave. We will now close with the Serenity Prayer.”

## UNITY DAY WORKSHOP EXAMPLE 2

[ *Service body* ] welcomes you to Unity Day on [ *date* ]  
[ *location* ]

**REGISTRATION** (30 minutes before workshop begins)

**OPENING** (20 minutes)

**Announcements**

**Readings: Serenity Prayer, OA Preamble, the Steps and Traditions, long form of Tradition One and Concept One, and the History of Unity Day handout.** (*Serenity Prayer and OA Promise, etc., are found on a separate page at the end of this document.*)

**SPEAKERS** (45 minutes, 15 minutes each)

**Speaker One**

*Leader:* “Our first speaker will be: \_\_\_\_\_.”

**Speaker Two**

“Our second speaker will be: \_\_\_\_\_.”

**Speaker Three**

“Our third speaker will be: \_\_\_\_\_.”

**ANNOUNCEMENTS/BREAK** (15 minutes)

**MOMENT OF SILENCE** for worldwide OA unity, followed by the OA Promise (5 minutes)

**PRESENTATION** from one of our founder’s WSBC addresses on the OA website: [oa.org/founder-recordings/](http://oa.org/founder-recordings/)

**SPEAKERS** (30 minutes, 15 minutes each)

**Speaker Four**

*Leader:* “Our fourth speaker will be: \_\_\_\_\_.”

**Speaker Five**

“Our fifth speaker will be: \_\_\_\_\_.”

**OPEN SHARE** (30 minutes, 2 to 3 minutes each)

## **RAFFLE**

## **CLOSING**

**Serenity Prayer**

**Responsibility Pledge**

*Leader:* “Would your intergroup be interested in hosting Unity Day in the future? Let’s keep this wonderful event going and growing! Please contact this year’s host for information on how your intergroup/service board can host next.

# UNITY DAY WORKSHOP EXAMPLE 3

## WELCOME

*Leader:* “On behalf of [*service body name*], we thank you for coming and welcome you to Unity Day [*year*].

## OPENING

“My name is [*name of leader*]. Are there any other compulsive overeaters in the room? Are there any newcomers here today? Is anyone attending their first Unity Day meeting?”

### Announcements

“Before we begin, I have a few announcements:

- The rest rooms are located [*location*].
- [*service body name*] has Conference-approved literature for sale.
- Raffle tickets will be available during the break. The raffle will be held at [*time*].
- Bottles of water are available for sale.
- Please help us to plan future Unity Day events by filling out the Unity Day Workshop Survey Form.” (*Survey Form found on a separate page at the end of this document.*)
- Please silence all cell phones.

### Serenity Prayer/Responsibility Pledge

“After a moment of silence for those still suffering both inside and outside the rooms of OA, we will begin with the Serenity Prayer.” (*Serenity Prayer and OA Promise, etc., are found on a separate page at the end of this document.*)

“OA’s responsibility pledge is [*Responsibility Pledge text*].”

### Readings: OA Preamble, Twelve Steps, and Twelve Traditions

“Would those who volunteered to read please come up?” (*Read OA Preamble, Steps, and Traditions.*)

“The Twelve Concepts of OA Service, adopted by the WSBC in 1994, help us apply the Steps and Traditions in our service work, which is an important part of the OA program. The Concepts define and guide the practices of the service structures that conduct the business of OA. The Principles of the Twelve Concepts

are: Unity, Conscience, Trust, Equality, Consideration, Responsibility, Balance, Delegation, Ability, Clarity, Humility, and Guidelines.

“Would our volunteer please read the long form of Concept One?”

“Would our volunteer please read the long form of Tradition One?”

### **SPEAKERS (45 minutes total, 15 minutes each)**

“Today, worldwide, in over fifty countries, members of Overeaters Anonymous are meeting to celebrate the importance of unity within the OA Fellowship.

“In the spirit of that unity, for several years now various intergroups in [ *local area* ] have worked together to offer a Unity Day event. Please see the back of your agenda for a brief history and timeline. Today we have five speakers from different intergroups. Each has been asked to share for up to fifteen minutes about themselves and then, perhaps, about the meaning of Tradition One and what role, if any, it has played in their recovery.

“To keep us on schedule with the program, we will need a volunteer to be the timekeeper. The timekeeper will signal when there are five minutes, one minute, and then no time remaining. Please honor the timekeeper’s signals.”

#### **Speaker One**

“Our first speaker will be: \_\_\_\_\_.”

#### **Speaker Two**

“Our second speaker will be: \_\_\_\_\_.”

#### **Speaker Three**

“Our third speaker will be: \_\_\_\_\_.”

### **ANNOUNCEMENTS**

- “Please fill out the Unity Day Workshop Survey Form. You can leave them on your seats or the registration table.
- “This will be the last chance to get raffle tickets or Conference-approved literature and check out the [ *service body* ] table.
- “Before we break, are there any other OA retreats or events coming up that anyone would like to announce? Please reconvene by [ *time* ].”

### **MOMENT OF SILENCE followed by the OA Promise (5 minutes)**

“At 11:30 a.m. PST, or [ *local time* ], OA suggests a worldwide, unified moment of silence. Then we will all say the OA Promise.”

**PRESENTATION** from one of our founder’s WSBC addresses on the OA website:

[oa.org/founder-recordings/](http://oa.org/founder-recordings/)

**SPEAKERS (30 minutes, 15 minutes each)**

**Speaker Four**

“Our fourth speaker will be: \_\_\_\_\_.”

**Speaker Five**

“Our fifth speaker will be: \_\_\_\_\_.”

**OPEN SHARE** on the theme of unity *(30 minutes, 2 to 3 minutes per share)*

“Please form a line to keep the sharing moving, and please speak only to your recovery within the OA program, as we are here today as compulsive overeaters. The timekeeper will signal when you have one minute remaining. Please honor the timekeeper’s notice that your time is up.”

**RAFFLE (15 minutes)**

*(Verify the ticket when it is brought up.)*

**CLOSING/SERENITY PRAYER**

“On behalf of all the intergroups/service boards that participated in today’s program, thank you all for coming to Unity Day. We will now close with the Serenity Prayer.”



## UNITY DAY WORKSHOP EXAMPLE THREE: FACILITATOR'S OPENING FORMAT

TIME	ELAPSED	WHO	SCRIPT/TASK
[ Start ]	10 mins	[ Leader ]	<p>“After a moment of silence for those still suffering both inside and outside the rooms of OA, we will begin with the Serenity Prayer.</p> <p>“My name is [ <i>name of leader</i> ] and I am a [ <i>compulsive eater, overeater, etc.</i> ].</p> <p>“Are there any other compulsive overeaters in the room?</p> <p>“Are there any newcomers here today?</p> <p>“Is anyone attending their first Unity Day meeting?”</p> <p><b>Announcements</b></p> <ul style="list-style-type: none"> <li>• “You should have received today’s program and [ <i>other handouts</i> ].</li> <li>• “The rest rooms are located [ <i>location</i> ].</li> <li>• “Raffle tickets will be available during the break.</li> <li>• “The raffle will be held at [ <i>time</i> ], and you must be present to win.</li> <li>• “Bottles of water are for sale.</li> <li>• “Please help us to plan future Unity Day events by filling out the Unity Day Workshop Survey Form.</li> <li>• “Please silence all cell phones.”</li> </ul>

# UNITY DAY WORKSHOP EXAMPLE 4

## Overeaters Anonymous



[ *Day and date* ]

### OPENING (25 minutes)

Welcome remarks

**Readings: Serenity Prayer, Preamble, Twelve Steps of Overeaters Anonymous, Tradition One (from *The Twelve Traditions of Overeaters Anonymous*), and Concept One.** (*Serenity Prayer and OA Promise, etc., are found on a separate page at the end of this document.*)

### SPEAKERS (30 minutes, 15 minutes each)

**Speaker One**

Leader: "Our first speaker will be: \_\_\_\_\_."

**Speaker Two**

"Our second speaker will be: \_\_\_\_\_."

### ANNOUNCEMENTS/SEVENTH TRADITION (10 minutes)

### BREAK (15 minutes)

**MOMENT OF SILENCE** where members worldwide pause and join hands for worldwide OA unity, followed by the OA Promise (15 minutes)

**SPEAKERS** (*See Discussion Questions handout, attached.*) (45 minutes, 15 minutes each)

### **Speaker Three**

*Leader:* "Our third speaker will be: \_\_\_\_\_."

### **Speaker Four**

"Our fourth speaker will be: \_\_\_\_\_."

### **Speaker Five**

"Our fifth speaker will be: \_\_\_\_\_."

### **OPEN SHARING** on the theme of unity. *(15 minutes)*

- Please speak no more than two minutes.
- Speak only to your recovery in the OA program.
- Please honor the timekeeper's one-minute warning.

### **RAFFLE DRAWING** *(15 minutes)*

### **CLOSING REMARKS/SERENITY PRAYER**

## UNITY DAY WORKSHOP EXAMPLE 4: DISCUSSION QUESTIONS



*Leader:* “Thank you for attending Unity Day [year].”

“Each of the speakers on the panel will have up to fifteen minutes to share on their recovery and the topic of OA Unity and Tradition One. We will have plenty of time later in the workshop where **all** members will have an opportunity to share. Below are some questions that you may find helpful to keep the focus on Tradition One.”

**Thoughts for focusing on Tradition One:**



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

### **1. How do we apply this Tradition within OA to help resolve situations?**

- Sponsorship
- Meetings: intergroup, special meetings, region, world service
- Phone calls: relationships with others within OA

### **2. How do we apply this Tradition in everyday life to resolve situations?**

- Work
- Family: marriage, children, in-laws, extended family
- Friendships and relationships

### **3. How do the following apply to the program that you work?**

- Diversity doesn't mean division
- Unity doesn't mean uniformity
- Common welfare above personal welfare
- Being respectful of all people's opinions
- Disagreement without destroying unity
- Acceptance of an outcome even if it is not what I want
- Change in attitudes—ours and others
- Focusing on common ground, not differences
- My ability to disagree, but still be supportive of friends and others



# UNITY DAY WORKSHOP EXAMPLE 5

## UNITY DAY [ YEAR ]

This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, at 11:30 a.m. PST, or [ *local time* ]. OA members pause to reaffirm the strength inherent in OA's unity.

### **OPENING (15 minutes)**

WSO video/podcast about unity: <https://oa.org/virtual-workshops/>

### **SPEAKERS (50 minutes, 25 minutes each, with 5-minute break between)**

#### **Speaker One**

Leader: "Our first speaker will be: \_\_\_\_\_."

#### **Speaker Two**

"Our second speaker will be: \_\_\_\_\_."

### **BREAK (15 minutes)**

### **CIRCLE FORMATION (5 minutes)**

### **OA PROMISE (5 minutes; done at exactly 2:30 p.m. EST)**

### **SPEAKER (40 minutes)**

#### **Speaker Three**

"Our third speaker will be: \_\_\_\_\_."

### **OPEN SHARE (30 minutes)**

### **RAFFLE/CLOSING (15 minutes)**

# UNITY DAY WORKSHOP EXAMPLE 6

## UNITY DAY TODAY'S PROGRAM

### OPENING

**Serenity Prayer** (*Serenity Prayer and OA Promise, etc., are found on a separate page at the end of this document.*)

**Introduction**

**Review of today's program and Unity Day history handout**

**Responsibility Pledge**

**Readings: OA Preamble, OA Twelve Steps, the long form of Tradition One, the long form of Concept One**

### SEVENTH TRADITION

#### SPEAKERS

**Speaker One**

*Leader:* "Our first speaker will be: \_\_\_\_\_."

**Speaker Two**

"Our second speaker will be: \_\_\_\_\_."

**BREAK** for activity and fellowship (*30 minutes*)

#### MOMENT OF SILENCE

*Leader:* "OA suggests a worldwide, unified moment of silence, and then we all say the OA Promise."

#### SPEAKER

**Speaker Three**

*Leader:* "Our third speaker will be: \_\_\_\_\_."

**SHARING** from members

**BREAK** for Fellowship

#### ANNOUNCEMENTS

- OA retreats and events coming up

- *Leader:* “Last call to get raffle tickets.”

## **RAFFLE DRAWING**

## **CLOSING/SERENITY PRAYER**

# UNITY DAY WORKSHOP READINGS

## Serenity Prayer

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

## 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.

## OA Preamble

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating.

We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

## Responsibility Pledge

Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.



# UNITY DAY WORKSHOP SURVEY FORM

Location of workshop:

Service body hosting workshop:

Date:

Time:

## A. Information presented in this workshop was:

1. Useful:  Very  Moderately  Not at all
2. Interesting:  Very  Moderately  Not at all
3. What I expected:  Very  Moderately  Not at all

## B. Handouts were:

1. Useful:  Very  Moderately  Not at all

## C. Presenters were:

1. Easy to understand:  Very  Moderately  Not at all
2. Interesting:  Very  Moderately  Not at all
3. Knowledgeable:  Very  Moderately  Not at all

## D. This workshop will be:

1. Useful to my home area:  Very  Moderately  Not at all

## E. I would be interested in attending future workshops on the following topics:

1. \_\_\_\_\_
2. \_\_\_\_\_

*Further comments and suggestions may be placed on the reverse.*

*Thank you for this input. It will be used in planning future workshops.*

**Please complete and return at the end of the workshop.**