



THE CREATIVE REPRIEVE

Housekeeping:

We ask members to please not chew gum or eat on camera. Please do not vape or smoke cigarettes. We also ask that members are appropriately dressed. We ask members to keep themselves muted, once the meeting begins, to avoid disrupting whoever is speaking or sharing at that time.

Due to the recent ZOOM intrusions, our hosts for this meeting are prepared to take measures to safeguard all those here during an attack by suspending all participant activities. Be reassured that if this occurs, it is only temporary. We will bring the meeting back online, one element at a time, once the coast is clear.

We will need a few service volunteers for this meeting.

1. We will need a couple of co-hosts to help keep this meeting safe. If you have any experience as a host or co-host, we would welcome you to help out for this meeting.
2. We will be reading from: _____. If you have a copy of this text, you can share in the reading portion of this meeting.
3. We will also screen-share our meeting's template, and would need a couple of volunteers to help with some of the reading.
4. And, if no-one has signed up already, we will need a Time-keeper for this meeting.

Meeting Intro

Welcome to our OA Creative Reprieve meeting of Overeaters Anonymous, and to our virtual intergroup, OA Foot Steps. My name is _____. I am a compulsive eater and your leader for this meeting.

Opening Prayer

May I have a volunteer to read the Serenity Prayer? We ask all members to join in, but please keep your mics muted, as per the group conscience of this meeting.

*God,
Grant me the serenity
To accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.*

OA's Unity with Diversity Policy

"THE FELLOWSHIP of Overeaters Anonymous encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute. We welcome all who share our compulsion. Everyone with the desire to stop eating compulsively is welcome in Overeaters Anonymous..."

- Revised Unity with Diversity Policy at WSBC 2021 {[Full Statement can be found here](#)}

Welcomes & Introductions

All are welcomed at this meeting, to share in a quiet, meditative reverie among your fellows. If you are an artist, a writer, a musician, a crafter or a poet, or even a doodler, and working the overeaters anonymous program, then you are in the right place!! We invite all those who wish to participate in a meeting that has been designed to be a creative reprieve within our OA fellowship. No matter what your level of skill might be, ALL are welcome! ♥

If you are new to this meeting, we welcome you especially! We would invite you, and all members present here today, to write a brief introduction in the chat. Please share your name, whereabouts you are located. If you would like to be contacted, please also leave your contact details if you wish. Please indicate if you are available as a sponsor. You may wish to share a little about how your recovery program is going today, or maybe something you might wish to leave at the virtual door. Thank you!

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.

The Twelve Steps

May I please have a volunteer to read the Twelve Steps, and the Tradition of the month?

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
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.

The Twelve Traditions

1. Our common welfare should come first; personal recovery depends upon OA unity.
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.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

OA Creative Reprieve

“Putting our thoughts and feelings down on paper, ... helps us to better understand our actions or reactions in a way that is often not revealed to us by simply thinking or talking about them.” - Tools of Recovery Pamphlet, p.4

This meeting of Overeaters Anonymous places a special focus on embracing our creativity as a means to help navigate our recovery, and to deepen our relationship and connection with our Higher Power. This is an opportunity to put *“put our thoughts and feelings down”* through a wide variety of creative mediums, so that we might better understand them, and see them with greater clarity.

Each week we will be reading a small extract of HOPE, found in our OA-Approved literature, with a special focus on one step each month. For this month of _____ we are currently reading passages that relate to Step _____. We will then creatively journal on this topic, using whatever medium we might choose: visual, musical or written art.

Once the weekly reading is complete, we will then sit silently together for a specified period {15-25 minutes}, meditating and pondering upon those words, allowing for inspiration to come to us.

Today's Reading on Step____: {same as the month}

Only OA-approved literature is shared at this meeting. We do not screen-share OA copyright literature, according to OA's Copyright Procedures and Guidelines. Many OA members find that reading our literature on a daily basis further reinforces how to live the Twelve Steps. More information about how to obtain OA literature can be found here: <https://oafootsteps.com/literature/>.

Today we will be reading from _____, on pg. _____.

AA Material: Please remember that when we read ANY Alcoholics Anonymous literature aloud in a group, we are asked to read it exactly as written. When reading it silently, many of us find that we can identify more easily by substituting words such as 'compulsive eating' for 'alcoholism,' and 'food' or 'binge food' for 'alcohol.'

Daily Reader : Read twice through

Other Literature: Read for 5 minutes. If you are mid-paragraph when the time is complete, please continue to the end of the paragraph you are on.

May I have a volunteer to start reading this passage?

Meditation & Creative Reprieve:

We will now begin our meditative component of this meeting, to reflect upon what was just read, and to begin to employ the medium of our choice to capture our thoughts and feelings on this subject. We do not strive to 'make it happen'. We simply here to set up 'inviting conditions', through meditation, writing and prayer, to allow this creative process to begin, in whatever way feels right for you. Whenever you feel ready, during the quiet, meditative period of this meeting, you may begin to work with the medium that you have chosen to work with. We invite all to participate, no matter what your skill level, in whatever medium you choose. Some may choose to use this time to simply meditate and then share on the topic, and any inspirations that might arise from this time of fellowship.

We will set the quiet period for {15-25 minutes}, which will then be followed by shares {3-4 minutes}.

An abstract, colorful background with a mix of blue, purple, yellow, and red hues, creating a textured, painterly effect. The text is overlaid on this background.

Welcome to the THE CREATIVE REPRIEVE

This is the meditative and/or creative portion of our session today.

Please join us now in this quiet meditative period that we reflect, and begin to work with the creative tools of our choice. When we complete this part of the session, we will then return to this meeting to share our insights.

So glad you could join us!

Suggested Guidelines for Sharing:

There will be an opportunity to share your work {2-3 minutes each, depending on how many members are present}. Note: If it is a large meeting, we may choose to break off into smaller breakout rooms to allow time for everyone to share.

If you wish to share:

- Like all OA meetings, we ask that you share your experience and strength, and most importantly, your hope... With a focus on the solution offered by OA, and your own recovery from the disease.
- Feedback, cross talk, and advice-giving are discouraged here. Cross talk during an OA meeting is giving advice to others who have already shared, speaking directly to another person rather than to the group, and questioning or interrupting the person speaking or sharing at the time.
- Please be mindful, here in this Creative Reprieve meeting, we do not critique, nor do we compliment each other's work here at this meeting. This might also be construed as 'cross-talk'.

- You may choose to continue working on your piece after this meeting ends today. If that is the case, you are invited to share your completed work at our meeting next week. Some may share last weeks project, today.
- We ask all members to share their own work only. We encourage you to compose your own creative journal through your chosen medium.
- Please use the raise hand feature or message the host of this meeting.

We ask everyone to respect our group conscience. This meeting has decided that the chair for each meeting has the discretion to suggest to anyone sharing that he or she is off topic or is speaking too long. This meeting asks you to accept this suggestion in order to keep the meeting on track.

ANNOUNCEMENTS:

Go to: <https://oafootsteps.com/announcements> & copy the updated Announcements links into the chat

REPORTS:

This is a suggested opportunity for the meeting secretary to share any OA announcements, and to celebrate birthdays & milestones. Ideally, Intergroup Representative's report and Treasurer's report are to be given once a month.

7th TRADITION:

According to our Seventh Tradition, we are self-supporting through our own contributions. Your contributions go towards this group's expenses: Zoom account access, web-hosting, chips, pamphlets and postage. We send regular contributions to [the Virtual Region](#), and the [World Service Office](#) {WSO} to help carry the message to other compulsive overeaters.

Give as if your life depends on it! We encourage OA members to give as much as they are able, to help our group be self-supporting. While the suggested contribution is US\$5.00 or more, we welcome contributions of any amount. PayPal charges a set fee for each donation, so larger and less frequent donations go farther.

OA Foot Steps 7th Tradition Paypal Information: <https://oafootsteps.com/7th-tradition>

Cheque or Money Order: Please make your cheque payable to: OA Foot Steps VIG #09670 and mail to: Suite #131-356 Ontario Street, Stratford, ON Canada, N5A 7X6

For more information: <https://oa.org/app/uploads/2019/12/SeventhTraditionPamphlet.pdf>

OA Creative Reprieve Announcements:

OA Creative Reprieve Calendar: <https://oafootsteps.com/creative-reprieve/>

OA Creative Reprieve Whatsapp Group: <https://bit.ly/2FreCHu>

OA Creative SignUp Genius: Go to Event Listing on our Calendar for this meeting's link.

OA Creative Reprieve Studio: Studio space available to all members. Please post in the Whatsapp group when you plan to be in the studio to work on your creative projects, or would wish to book the space, so that other members might join you in quiet fellowship.

<https://zoom.us/j/81738885598> {password: 1212}

Are there any other OA related announcements to share today?

Closing

By following the Twelve Steps, attending meetings regularly, and using the OA Tools, we are changing our lives. You will find hope and encouragement in Overeaters Anonymous. To the newcomer, we suggest attending at least six different meetings to learn the many ways OA can help you. There are many different types of meetings, all of which are available to support your recovery from compulsive eating. Information about these meetings can be found on oa.org. To find more Creative Reprieve meetings, and other OA Foot Steps meetings please go to oafootsteps.com/meetings.

The opinions expressed here today are those of individual OA members and do not represent OA as a whole. Please remember our commitment to honor each other's anonymity. Whom you see here, What you hear here, When you leave here, Let it stay here. Let us all reach out by phone or email to newcomers, returning members, and each other. Together we get better. Thank you for asking me to be your leader. After a moment of silence, will those of you who wish please join us in the OA Promise...

The 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 & strength,
Greater than ours.
And as we join hands,
We find love and understanding
BEYOND OUR WILDEST DREAMS!!!

Keep coming back! It works if you work it... And you're WORTH it!!

This meeting is now closed.

Are there any OA related questions?

