

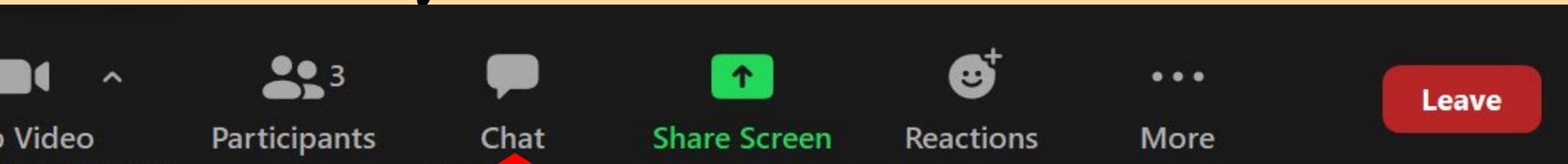
Welcome!!!

- 9:00 Welcome and Orientation
- 9:15 Block 1 – Literature, Anonymity, Journaling, Service
- 9:40 Block 2 - Virtual Meetings, Sponsorship, Telephone
- 9:55 Block 3 - Food Plan (panel), Action Plan
- 10:25 Block 4 – Speaker
- 10:50 Wrap Up



HELP! CALL Judy at 734.223.9810 or CHAT to "HELPDESK"

Let's Play!!!

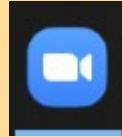


- In **Chat**, text your favorite slogan to everyone
- In **Chat**, text encouragement to another participant using pull down
- Change your point of view (gallery / speaker)
- Answer our **poll** question on “When to Pause Your Video”

Using the
Tools of the
Program

Handy to Know

If you get out of Zoom and need to find your way back,
to get back to the meeting.



Worst case, go to www.a2oa.org / EVENTS and click link to rejoin workshop.



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Taking a break?



Stop your video
Mute yourself



Don't “Leave Meeting”
Don't close your laptop

Let's Begin

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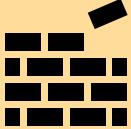
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GET READY 	<p>You will be placed into BREAKOUT ROOMS for 20 minutes TOTAL Only your room can hear and see you or your CHAT</p> <p>A Room Leader will join you, but don't wait to start</p>
SELF STUDY LITERATURE 5 minutes	<p>Individually, read pages in <u>Voices of Recovery</u> on “Anonymity” (see index) and jot a few notes</p> <p>Don't have <u>Voices of Recovery</u> handy? See CHAT for help</p>
DISCUSS & SUMMARIZE 12 minutes	<p>Discuss “Anonymity” among yourselves</p> <p>Compose a room summary (few sentences) in CHAT.</p>
SERVICE 3 minutes	<p>Room Leader will copy the room summary and send it to HELPDESK in CHAT to be included in <u>future newsletter</u>.</p>

**Using the
Tools of the
Program**



Unmute yourself when prompted



STAY IN YOUR ROOM!

**Using the
Tools of the
Program**

Welcome Back!!!

Room Leaders – Paste your group summaries in general room CHAT and send to HELPDESK

On the topic of **Anonymity**

We read **Literature**.

Journaled our thoughts

Performed **Service** by composing content for IG's newsletter

BUT WAIT...

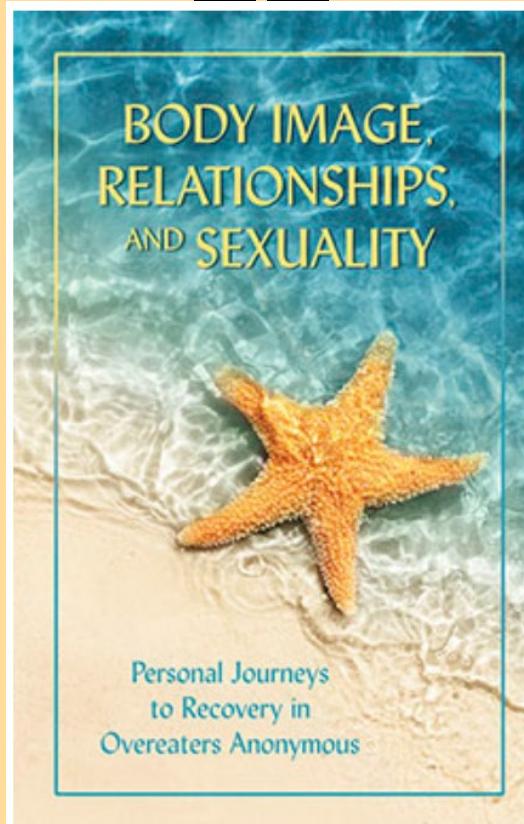
**Using the
Tools of the
Program**

...THERE'S MORE!

If you are interested to receive a copy of OA's new book *Body Image, Relationships and Sexuality*

....then chat to HELPDESK your name, address, phone number!

If you include your email address, we will send you notifications of upcoming events and our newsletter. You can opt out at any time



30 copies to give away!!!

...THERE'S

If you are interested in a
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*Image, Relationships
Sexuality*

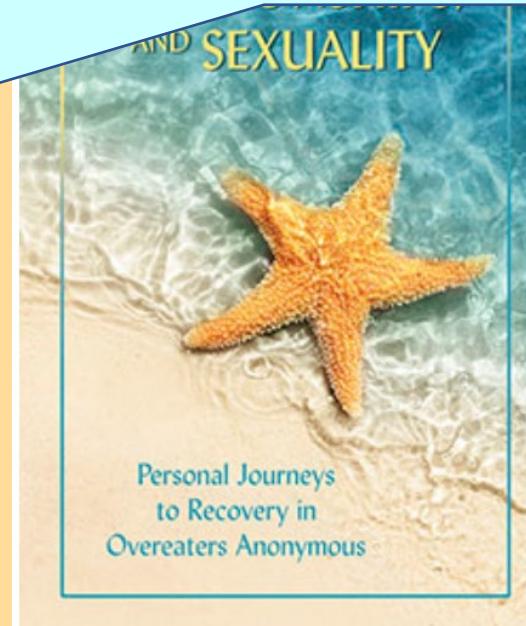
....then chat to HELPDESK your
name, address, phone number!

If you include your email
address, we will send you
notifications of upcoming
events and our newsletter. You
can opt out at any time

Type your information all in one line like this:

Suzy R 123 Main St Toledo OH 43613 suzy.recovery@gmail.com

then press enter



30 copies to give away!!!

We've Accomplished Quite a Bit

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We will be now “sharing” about virtual meetings.
Type your comments into CHAT

How could virtual meetings be improved?

What is the funniest or most unexpected thing you've encountered in a conference call or Zoom meeting?

What moment has touched you at a virtual meeting?

On Sponsorship & Telephone

- We'll use breakout rooms again
2 people per room (you and
your "telephone buddy") for 2 minutes
- Discuss SPONSORSHIP with
your roommate. *Hint* – share
phone numbers to stay in touch



STAY IN YOUR ROOM!



UNMUTE WHEN PROMPTED

**Using the
Tools of the
Program**

CURRENT TASK

Discuss SPONSORSHIP with
your roommate for 5 minutes

Using the
Tools of the
Program

Welcome Back!

Seventh Tradition Contributions can be mailed in or sent online via VENMO. Workshop suggested donation is \$5.

See chat for details



Now for our Panel

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STEVE S.
RAMEY J.
LYNN F.

10:50 Wrap Up



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Ready, Set, Action!

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Action Plan

“*Process of identifying and implement attainable actions... that support... our abstinence and recovery.*”

Tools of Recovery Pamphlet.

May be most confusing of the tools

Action Plan

Keys to success: realistic and attainable

Go slow to go fast

It's a process

Keep it Simple

*See CHAT for a full copy
of all these samples*

Baby steps

Using the
Tools of the
Program

Action Plan Sample 1

Use my calendar to plan meetings, service and block out times for prayer and meditation. Include alarms!!

Keep a list of items for prayer – for example

- Daily – 3rd step and 7th step prayers, pray through summarized list of character defects and assets, read literature, journal
- Weekly – each day has special focus (family, 12 step programs, friends...)
- Log food, send to sponsor

Using the
Tools of the
Program

Action Plan Sample 2

Select from list of physical, emotional, spiritual and self-care. There is a lot of overlap across these. I text my sponsor with my selection everyday. Here are lists:

Physical – walk, yoga, cardio, stretches.

Emotional – make family call, 12 step calls, journal, meet with a friend.

Spiritual – daily readers, meditate, pray, gratitude list.

Self Care – doctor's appointments, clean house, pay bills

**Using the
Tools of the
Program**

Action Plan Sample 3

DAY'S SCHEDULE

- Up, stretch, pray
- Daily readers
- PT routine, yoga
- Work
- Meals (eat & log)
- Call Sponsor
- Meetings
- Tally food logs

10th STEP

- A - Abstinence
- E – Exercise
- I – Self Care
- O – Others
- U – Uncovered for my program or UGLY part of day
- Y – Yippie – wins for the day

Daily Questions

- Gratitude List
- Best/Worst

Using the
Tools of the
Program

Action Plan Sample Template – Part 1 of 2

Breakfast	Lunch	Dinner	
<input type="checkbox"/> Meds: am/noon/pm	<input type="checkbox"/> Water	<input type="checkbox"/> BM	<input type="checkbox"/> Sleep
<input type="checkbox"/> Prayer _____ <input type="checkbox"/> Meditation _____ <input type="checkbox"/> For Today _____ <input type="checkbox"/> Voices of Rec _____ <input type="checkbox"/> Exercise _____ <input type="checkbox"/> Step Work _____	Tools of Recovery <input type="checkbox"/> Anonymity _____ <input type="checkbox"/> Literature _____ <input type="checkbox"/> Meetings _____ <input type="checkbox"/> Telephone _____ <input type="checkbox"/> Plan of Eating _____ <input type="checkbox"/> Action Plan _____		

Using the
Tools of the
Program

Action Plan Sample Template – Part 2 of 2

Tenth Step: Review the Day

My greatest joy:

A thorn:

A resentment:

Amends to be made:

5 Gratitudes:

My Asset Today:

What do I need to accept:

Journal My Feelings:

Using the
Tools of the
Program

The Finale!!!

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It's a Wrap!!!

7th tradition **CONTRIBUTIONS** (see previousCHAT)

WINNERS of book will get an email

SURVEY – See chat for link or look for email

THANK YOU!!!