

# OVEREATERS ANONYMOUS SOUTHERN OREGON

## Is your group interested in hosting an annual OA event but it seems too overwhelming?

Whether your group wants to host an event for the whole Intergroup or just celebrate an event for your meeting, we've got you covered.

Here are some awesome resources to help you easily put together an event that celebrates recovery and the OA fellowship.

The following 3 resources are for a larger event. Use them as is, or only use one podcast. You can also explore oa.org and other OA websites around the country for podcasts and ideas. Go to the OA Region One website for links.

<http://oregon-oa.org/virtual-speakers/>

### Relapse Workshop/Event:

<http://www.oalaig.org/laig-event-speakers-bureau/> Relapse workshop 2015 1&2 Los Angeles Intergroup podcasts

<https://oa.org/podcasts/> (scroll down to the Primary Purpose heading and click on Recovery From Relapse. This is a much shorter podcast 27:46 only) This would work well if you wanted to combine a podcast and the PDF below.

\*<https://oa.org/files/pdf/From-Slip-or-Relapse-to-Recovery.pdf> You can create the event around this hand out or simply pass it out to participants after listening to the podcasts.

\*[https://www.oa.org/pdfs/tsw\\_simplicity.pdf](https://www.oa.org/pdfs/tsw_simplicity.pdf) This offers great ideas to add something extra to your event to help participants stay abstinent.

### Promises Workshop/Event:

<http://www.oalaig.org/laig-event-speakers-bureau/> 2016 1 & 2 Los Angeles Intergroup podcasts

### Difference Between Abstinence and A Plan of Eating Workshop/Event:

This is a writing workshop.

\*[https://oa.org/files/pdf/abstinence\\_and\\_plan\\_of\\_eating\\_leaders\\_guide.pdf](https://oa.org/files/pdf/abstinence_and_plan_of_eating_leaders_guide.pdf)

\*[https://oa.org/files/pdf/abstinence\\_and\\_plan\\_of\\_eating\\_handouts.pdf](https://oa.org/files/pdf/abstinence_and_plan_of_eating_handouts.pdf)

## Forgiveness Workshop/Event:

<http://www.oalaig.org/laig-event-speakers-bureau/> 2015 1, 2, & 3 (use one or all)

Los Angeles Intergroup podcasts

Access the index in the back of the *OA For Today* daily meditation book and read some or all the Forgiveness readings.

## Turn Your Meeting Into An Event

### A Commitment to Abstinence & Maintaining a Healthy Weight:

<https://oa.org/podcasts/> (scroll down to the OA Literature heading and click on A Commitment To Abstinence& Maintaining a Healthy weight. This podcast is only 28:47 in length)

Read from the OA pamphlets, *A Commitment to Abstinence* and *Maintaining a Healthy Weight*

### Diversity and Recovery:

<https://oa.org/podcasts/> (scroll down to podcast under OA Literature only 26 minutes long)

Read from the OA pamphlet-A Common Solution: Diversity and Recovery

[http://bookstore.oa.org/pc\\_product\\_detail.asp?key=C1667A10C4F34DC9B35E4F7D0E9C71ED](http://bookstore.oa.org/pc_product_detail.asp?key=C1667A10C4F34DC9B35E4F7D0E9C71ED)

\*Handouts created by OA World Service