

WORKSHOP

PRINCIPLES OF THE STEPS, TRADITIONS, & CONCEPTS

This workshop took place at the 2012 Region 9 Assembly. We were celebrating the 30th birthday of Region 9... so we had the name of a Principle (and its Step/Tradition/Concept) written on a piece of paper and put inside a balloon. Each attendee received a balloon before hand. At the start of our workshop, we all had to pop our balloon, retrieve the paper, and we each had 1 minute to reflect on the word - the Principle. At the end of the workshop, each person received 2 handouts. One with all the Steps, Traditions, & Concepts written on it and along side each, its Principle. The other handout was a "Word Search Puzzle - Principles" (this came from the 2012 WSBC Forum). All of the papers used in the workshop are included here.

This workshop can be done without balloons! Just put the pieces of paper with the Principles in a hat, pick, and share.

STEPS, TRADITIONS & CONCEPTS OF OA SERVICE, & THEIR PRINCIPLES

HONESTY (step 1)

HOPE (step 2)

FAITH (step 3)

COURAGE (step 4)

INTEGRITY (step 5)

WILLINGNESS (step 6)

HUMILITY (step 7)

SELF-DISCIPLINE (step 8)

LOVE FOR OTHERS (step 9)

PERSEVERANCE (step 10)

SPIRITUAL AWARENESS/SPIRITUALITY (step 11 & tradition 12)

SERVICE (step 12)

UNITY (tradition 1 & concept 1)

TRUST (tradition 2 & concept 3)

IDENTITY (tradition 3)

AUTONOMY(tradition 4)

PURPOSE (tradition 5)

SOLIDARITY (tradition 6)

**RESPONSIBILITY
(tradition 7 & concept 6)**

FELLOWSHIP (tradition 8)

STRUCTURE (tradition 9)

NEUTRALITY (tradition 10)

ANONYMITY (tradition 11)

CONSCIENCE (concept 2)

EQUALITY (concept 4)

CONSIDERATION (concept 5)

BALANCE (concept 7)

DELEGATION (concept 8)

ABILITY (concept 9)

CLARITY (concept 10)

HUMILITY (concept 11)

SELFLESSNESS (concept 12 a)

REALISM (concept 12 b)

REPRESENTATION (concept 12 c)

DIALOGUE (concept 12 d)

COMPASSION (concept 12 e)

RESPECT (concept 12 f)

STEPS, TRADITIONS & CONCEPTS OF OA SERVICE. & THEIR PRINCIPLES

THE TWELVE STEPS OF OVEREATERS ANONYMOUS

1. We admitted we were powerless over food — that our lives had become unmanageable.

HONESTY

2. Came to believe that a Power greater than ourselves could restore us to sanity. **HOPE**

3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

FAITH

4. Made a searching and fearless moral inventory of ourselves. **COURAGE**

5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

INTEGRITY

6. Were entirely ready to have God remove all these defects of character. **WILLINGNESS**

7. Humbly asked Him to remove our shortcomings. **HUMILITY**

8. Made a list of all persons we had harmed and became willing to make amends to them all. **SELF-DISCIPLINE**

9. Made direct amends to such people wherever possible, except when to do so would injure them or others. **LOVE FOR OTHERS**

10. Continued to take personal inventory and when we were wrong, promptly admitted it.

PERSEVERANCE

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.

SPIRITUAL AWARENESS

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. **SERVICE**

THE TWELVE TRADITIONS OF OVEREATERS ANONYMOUS

1. Our common welfare should come first; personal recovery depends upon OA unity. **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. **TRUST**

3. The only requirement for OA membership is a desire to stop eating compulsively. **IDENTITY**

4. Each group should be autonomous except in matters affecting other groups or OA as a whole.

AUTONOMY

5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers. **PURPOSE**

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.

SOLIDARITY

7. Every OA group ought to be fully self-supporting, declining outside contributions.

RESPONSIBILITY

8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers. **FELLOWSHIP**

9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. **STRUCTURE**

10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy. **NEUTRALITY**

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. **ANONYMITY**

12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities. **SPIRITUALITY**

THE TWELVE CONCEPTS OF OA SERVICE

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship. **UNITY**

2. The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority and effective conscience of OA as a whole. **CONSCIENCE**

3. The right of decision, based on trust, makes effective leadership possible. **TRUST**

4. The right of participation ensures equality of opportunity for all in the decision-making process.

EQUALITY

5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered. **CONSIDERATION**

6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous. **RESPONSIBILITY**
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B. **BALANCE**
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office. **DELEGATION**
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels. **ABILITY**
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided. **CLARITY**
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants. **HUMILITY**
12. The spiritual foundation for OA service ensures that:
- (a) No OA committee or service body shall ever become the seat of perilous wealth or power; **SELFLESSNESS**
 - (b) Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle; **REALISM**
 - (c) No OA member shall ever be placed in a position of unqualified authority; **REPRESENTATION**
 - (d) All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity; **DIALOGUE**
 - (e) No service action shall ever be personally punitive or an incitement to public controversy; **COMPASSION** and
 - (f) No OA service committee or service board shall ever perform acts of government, and each shall always remain democratic in thought and action. **RESPECT**

The Principles of the Program

E C N A R E V E S R E P C R W U S H A I
O I N Y I T C Y E N X O I E W N T U Y P
E A A O R N M I E V N H S P N I R Y X C
D H R U I O T U V S O S A R S T U T D E
E Y S E N T T E I R E L B E S Y C I I S
Y T T O S R A D G N E H I S E W T T A O
L T T I A P E G G R O S L E N S U N L P
O U I L L R O N E N I S I N S E R E O R
A F I L A A I N E L H T T T S N E D G U
A T A T I L U S S O E W Y A E I M I U P
Y J I I L M T T O I K D T T L L S F E O
C O F I T Y U R I L B Y S I F E I E D Q
N G W K J H E H X R I I V O L D L L M B
D I S C I P L I N E I D L N E I A L S F
E C N E I C S N O C G P A I S U E O J O
C O M P A S S I O N S U S R T G R W V F
Y T I M Y N O N A E P O H V I Y E S N M
E Q U A L I T Y E G A R U O C T F H D W
Y T I R A L C B A L A N C E G P Y I U O
M G C D S H R E S P E C T E L F P P C T

ABILITY ANONYMITY AUTONOMY BALANCE
CLARITY COMPASSION CONSCIENCE CONSIDERATION
COURAGE DELEGATION DIALOGUE DISCIPLINE
EQUALITY FAITH FELLOWSHIP GUIDELINES
HONESTY HOPE HUMILITY IDENTITY
INTEGRITY LOVE NEUTRALITY PERSEVERANCE
PURPOSE REALISM REPRESENTATION RESPECT
RESPONSIBILITY SELFLESSNESS SERVICE SOLIDARITY
SPIRITUALITY STRUCTURE TRUST UNITY
WILLINGNESS