

FORMAT FOR THE EIGHT WEEK ABSTINENCE WRITING WORKSHOP

Materials: paper, pen, readings, questions, prayers sheets for everyone. Twelve Steps and Twelve Traditions (handed out to volunteer readers)

7:30pm Opening: **Let's start with THE SERENITY PRAYER.**

Welcome to the 8-week Abstinence writing meeting. This meeting uses the OA Conference-Approved ABSTINENCE book and questions that were developed by members of Central Jersey Intergroup. Everyone should have paper, pen, today's readings, a set of the questions, and a prayer sheet. This meeting goes until 8:30.

We will read through an entire story. After the reading, there will be time for writing and sharing. The number of stories read will depend upon the size of the group and time available.

Reading of the Steps and the Traditions.

Please join me in the SET ASIDE PRAYER, followed by a 3-minute silent meditation. The prayer is on your sheet.

After the meditation, take turns reading the first story aloud.

You now have 5 minutes to write, either from one of the suggested questions or an aspect of the story that appeals to you. In selecting a question consider writing on a question that you feel strongly about, either positive or negative.

After the 5 minutes are up: **Would anyone like to read his or her writing?**

After all who wanted to have shared their writings: **According to our 7th Tradition, we are self-supporting through our own contributions. World Service has suggested that a donation of \$3.00 be considered, but please give whatever amount is comfortable for you. Your presence is more important than your money. Are there any OA related announcements?**

After announcements, judge your time:

- *Do you have time for a second reading/writing/sharing by 8:20? If so, go for it.*
- *If not, ask if anyone would like to share about other questions or aspects of the reading that they did not write about or consider reading the second story and discussing the questions instead of writing about them.*

At 8:20pm Closing: **Let's go around the room and share why we came to this meeting and what we are taking home with us.**

Let's close with the SEVENTH STEP PRAYER.