

Unlocking Recovery through the Power of WE

[First Given at the 2026 World Service Business Conference - WSBC]

The Forum at WSBC is designed to be an interactive workshop that is put together and presented by the Region Chairs Committee (RCC) of WSBC . Like the other WSBC Committees, the RCC meets throughout the year and sets goals for what they will accomplish during the period until the next WSBC. One of those goals is always to write and present the FORUM workshop at WSBC, ideally the first session on the first full day of WSBC.

This workshop is designed to take approximately 60-90 minutes in its entirety.

Preparation for the FORUM

To present the workshop, you will need:

1. Round tables to seat 8-12 participants.
(At Forum 2026, we had 132 participants across 11 round tables.)
2. One lead facilitator and other assistant facilitators, ideally one facilitator for each 1-2 tables of participants.)
3. Supplies as follows:
 - Index cards (4"x6" or 5"x7") or preprinted post cards, allowing two per participant with some extras in case
 - Balls of yarn approx ½ skein each, 2 balls per table (different colors). These can be leftovers from fiber crafts or yarn bought on sale.
 - Pens / markers
 - Prompt cards (for center of tables) - 2 cards per table, printed as follows:
Affirmation: Write a positive affirmation or saying that has helped you over time.

Service: The act of service that someone else did, that helped connect me to the fellowship was _____.

- Puzzle pieces spelling out OA slogans, word-for-word (one word per puzzle piece)
- The script below
- One copy of the puzzle piece template (last page), which you will reuse to create as many puzzle pieces as needed to have one set of puzzle pieces per table.

Slogans to write on the puzzle pieces - one word per puzzle piece:

- i. Let Go and Let God, Happy Joyous and Free
- ii. Easy Does It, It Works if You Work IT
- iii. Don't Quit Before the Miracle Happens, Relieve Me of the Bondage of Self
- iv. It Works if You Work It, Fake It Until You Make It
- v. Just ForToday, Acceptance Is the Answer To All My Problems Today

FORUM Script - 2026

Opening – 10 minutes

Lead Moderator: Introduces themself

Welcome to today's Workshop, **Unlocking Recovery Through the Power of WE**, hosted by <insert name of your group or service body here>. This breakout session *combines recovery principles with the excitement of an escape room challenge*. The session encourages teamwork, problem-solving, and self-reflection while exploring the steps to recovery in a fun, supportive environment.

Our theme this last year has been about the **Power of WE**.....

Let me introduce our co-facilitators for this session:

[Introduces assisting facilitators]

[Additional thanks given to people giving service to put the workshop together for your group.]

You embody the **Power of WE**. In Overeaters Anonymous, recovery does not happen in isolation. We recover through connection—by sharing honestly, listening with compassion, and walking this path together. The **Power of WE** reminds us that none of us has to escape this disease alone. When we come together in fellowship, service, and shared experience, hope becomes stronger than isolation.

These are our objectives for today's forum

1. Promote OA principles and encourage self-awareness.
2. Foster teamwork and trust among participants – highlight “**WE**”
3. Create memorable, engaging experiences tied to recovery.
4. Encourage creative thinking and problem-solving through themed challenges.

In short, we want to highlight the **Power of WE**! These objectives reflect a core truth of the OA program: our recovery deepens when we practice unity, service, and mutual support. The **Power of WE** is not just a theme—it is how recovery is sustained in Overeaters Anonymous.

At this time, we invite you - if you are willing - to change tables and meet a few new people, giving the **Power of WE** a chance to grow even wider. Please change tables (so you are not sitting with people you know)..

We begin our Forum at each table realizing there is this dangerous disease called Compulsive Eating that we are trying to escape from. In order to escape, there are 3 challenges that each table needs to overcome. The challenges require everyone at the table to help solve each challenge.

A facilitator will help facilitate at each table. A facilitator will help facilitate at each table.

Let's begin that **Power of WE** by introducing yourselves to each other, say where you are from and how long you have been in Program. Compulsive Eating is a disease that thrives in secrecy and isolation. The OA program teaches us that connection is a powerful antidote. Today's challenges invite us to experience how working together mirrors how we recover—one day at a time, with one another.

Challenge 1 – 10 minutes Primary Facilitator introduces (Slogans)

Slogan Puzzle/Crossword – each table is given a prepared envelope containing paper puzzle pieces with words of 2 OA slogans. The members at the table are to assemble the words into phrases of the slogan. One slogan will be horizontal and another vertical. One word will be the intersection for each slogan.

Discussion at the table what the slogan means to you and how it has helped you escape (arrest) this disease.

Challenge 2 – 10 minutes –Another Facilitator introduces (Affirmations)

Affirmation Chain – Prompt card reads,

“Affirmation: Write a positive affirmation or saying that has helped you over time.”

Your facilitator will hand out a blank card. Each participant writes a positive affirmation or supportive message on the card. At your table link the cards together to form a physical “chain of support”.

Discuss around the table which affirmation means the most to you and why. After discussion, place the affirmation cards up on the wall (if allowed by the meeting place) or if not, on a side table, face down. After the forum, feel free to take a card with you to carry you to the conference. Remember you are not alone.

10 minutes break, please be prompt on your return.

Thank you for returning on time! We will now start our 3rd challenge.

Challenge 3 – 10 minutes – Facilitator to introduce - The WE Web: Connection & Service Builds Recovery

Core idea: Each person contributes one strand; the group literally *builds* a web that represents how we stay connected and recover together. In OA, each of us is a strand in something much larger than ourselves. When we reach out, accept help, and offer service, we strengthen the web that holds us all. At each table is:

- 2 balls of yarn or string
- A Prompt card placed at the center of the table reads,
“Service: The act of service that someone else did, that helped connect me to the fellowship was _____.”
- 10–12 index cards (one per person with a couple of extras)
- Markers
- A small envelope labeled ***“When I want to isolate...”***

To start:

- One member at the table holds the end of the yarn and completes the following sentence –
 - When I try to do recovery alone, I tend to _____ (Keep it general and safe).
 - Toss the yarn to someone across the table and have that person complete the sentence.
 - Continue to toss the yarn until everyone has had a chance to complete the sentence.
 Returning the ball of yarn back to the first person.
Everyone holds on to their loop of yarn.

- Pass out the second ball of yarn, one ball to each table. Each table is still holding onto the loops created from tossing their first ball of yarn (and the web that was created when discussing the first prompt about recovering alone.)
- Starting back with the first member, write a “WE support” card by completing the following sentence:
 - o Instead of isolating, I can _____: describe some type of service that gets you out of isolation (some prompts – call/text a friend, go to a meeting, etc.)
 - o After writing the index card toss the ball again across the table and have that person complete the Service sentence.
 - o Continue to toss the yarn until everyone has had a chance to complete the sentence.
 - o Make sure to return the ball back to the person who started, completing the web.
- Look at the web you have created and try and name it – example – We don’t isolate, Hope Line, Toolbox Together, etc.,
- **Put the index cards in the “anti-isolation” envelope.** Put all the WE action cards into a pile and keep it at the table. We will post this on the wall or table for all to read and take.

Debrief questions (Power of WE-focused)

- What did you notice as the web formed—what changed in the *feel* of the table?
- Which “WE action” would help you most when you want to isolate?
- How is this web like Service—where each strand matters?

Debrief of the forum – 10 minutes – Lead Facilitator

Please select two key ideas you want to share with the rest of us on what you learned through the skits and table discussions.

Allowing sharing with the whole group for 10 minutes.

Thank you all for sharing your key learning with the rest of us. *“Service and fellowship transform ‘I can’t’ into ‘we can.’”*

As we return to our meetings, intergroups, and service bodies, may we remember that someone’s recovery may begin simply by being invited, welcomed, or supported. The Power of WE lives every time we ask, every time we listen, and every time we serve—together.

Our Responsibility Pledge:

Always to extend the hand and heart of OA to all who share my compulsion –
For this I am responsible.

Let’s close with 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 on our own unsteady willpower.

We are all together now, reaching out our hands for power and strength, greater than ours:
And as we join hands, we find love and understanding - Beyond our Wildest Dreams!

Template for puzzle pieces. Print and cut out one copy; trace around to make as many pieces as you need.

