<u>Twelve Stepping a Problem IG Workshop</u>
Region 5 Fall Assembly 2026/Juliette R. Trustee

Supplies: Whiteboard or flipchart, markers. Handout: OA's Twelve Stepping a Problem.

Remember: to remind the group as you go through that the step applies to the IG or service body.

The Problem: Shrinking and dissolving Intergroups and unfilled service roles.

<u>Step 1:</u> *(Volunteer to read)* We admitted we were powerless over ____?_____ — that our lives had become unmanageable.

Powerless and Unmanagebility (Large group)

1. What are we powerless over? List.
2. How is it creating unmanageability? List.

Create the 1st step language. Recite it and write it down.

<u>Step 2:</u> *(Volunteer to read)* Came to believe that a Power greater than ourselves could restore _____?_____ to sanity.

1. Power Greater than Ourselves: The "PGO". What are these qualities?
2. Sanity: Look it up. What is it for the IG or the region to be restored to sanity?
3. Evidence: how do we "come to believe" the region and IG's can be restored? In the rooms, we see it; change, weight loss, medical miracles, abstinence, peace. How here?

Create the 2nd step language. Recite it and write it down.

<u>Step 3</u>: *(Volunteer to read)* Made a decision to turn our **_____**
over to the care of God *as we understood Him*.

Create the 3rd step language. Recite and write it down. Sample:

(Read/recite) Made a decision to turn our IG's and our Service Bodies over to the care of God *as we understood Him*.

So hold the problem in your head and hearts. Pause. Hold the qualities of the PGO in your head and hearts. Pause. After a moment of silence for the region, for the IGs and service bodies, and for OA as a whole; please join me in the 3rd Step Prayer.

(The archaic pronouns & possessives have been changed from Thee/Thou to You/Your)

God, we offer ourselves to You. To build with us and to do with us as You will. Relieve us of the bondage of self, that we may better do Your will, take away our difficulties, that victory over them may bear witness to those we would help of Your Power, Your Love, and Your Way of Life. May we do Your will always. Your will not ours be done.

Step 4: Made a searching and fearless moral inventory of ourselves.

Count off in 3 or 4's: in your small group take a searching and fearless moral inventory of you and your service bodies part in actions, behaviors, incidents, as it affects the health and welfare of the region and your IG.

Pay particular attention to: fear, resentment, dishonesty, selfishness, and any harms done. Review our unmanageability list.

Create a list.

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

Re-group. Make a list of harms noted in small group. What is the exact nature of our harms? List.

Review them and take the step: Before our collective HP, before each other and to ourselves…admit the nature of our wrongs. Moment of silence.

Steps 6&7: Recite the Steps.

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

7. Humbly asked Him to remove our shortcomings.

On our meal break, find some time to quietly review the listed shortcomings, wrongs & harms and defects of character. This is Step 6. Review both personally and collectively as a service body.

We will return to do the 7th Step Prayer together.

BREAK

After break review Step 6: read from the OA 12&12:

"In honestly facing Step Six, we confront the fear that our defects are like threads woven into the very fabric of our being; if God removes them, we'll feel we'll surely unravel." p.46

"Being "entirely ready" means that we firmly turn our backs on the old self-destructive behaviors and make every effort to live by the Principles embodied in the Twelve Steps." p.47

"What we are asked to do in Step Six is to become entirely ready for this miracle of release to happen to us, no matter what it may cost us, no matter what in our lives may change." p.47

We will now take the Seventh Step. Before we pray as a group:

1. Review the harms.
2. Silence.
3. Pray

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.

Step 8: *(recite/read)* Made a list of all persons we had harmed and became willing to make amends to them all.

Large Group: *scribe*.

1.Who is on our list? List.

Step 9: (recite/read) Made direct amends to such people wherever possible, except when to do so would injure them or others.

Large Group: *Scribe*

1. Do we owe any direct amends to any service body or person on our list? Who? List.

2. Living Amends? What? What are we to amend? List.

Step 10: Continued to take a personal inventory and when we were wrong promptly admitted it.

1. What are we watching for? List.

2. How often do we inventory at home? List.
   a. What is our accountability?

Step 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 it out.

1. How does this manifest at an intergroup level? *"As we understood Him"* is different for everyone. What prayers and meditations can be employed at the IG level for all? How do we do this step? List.

Step 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.

1. Has this process given us a spiritual awakening? Have you had an "ah ha" moment? What is it? List.
2. How do we now carry the message? What is different or new? List.
3. What new practices are before us? List.

Close the session