

New Format for Thursday, 6:00 PM Meeting (Hermosa Beach/now Zoom)

Step and Tradition Study

Thursdays, 6:00-7:00 PM

Zoom Meeting ID: 732 348 187 Passcode: Southbay

The Twelve Steps "...are the heart of the OA recovery program. They offer a new way of life that enables the compulsive eater to live without the need for excess food" (OA.org). The **Traditions** are the principles behind the Steps that enable each meeting to maintain its primary purpose, which is "...to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer" (OA.org).

Step 12 promises "a spiritual awakening as the result of these Steps." A spiritual awakening is, per the *Big Book of Alcoholics Anonymous*, a "vast change in feeling and outlook" (BB, p. 567), "a huge emotional displacement and rearrangement" (BB, p. 27) that brings about a "completely new set of conceptions and motives" (BB, p. 27). The Big Book calls it an "entire psychic change" (BB, p. xxix), emphasizing that the solution to our problem—addiction, unmanageability, powerlessness, and self-centeredness—is a spiritual one, which is brought about by working the Twelve Steps.

The Twelve Traditions: Meetings so often include a reading of the list of the Twelve Traditions, without delving into any deeper understanding. That's why we decided to include a Tradition Study, along with a Step Study. People who have studied the Traditions understand how 12-Step programs have thrived through the decades without any leaders, external influences, promotion, or outside financial support. Many have reported applying the Traditions to how they more harmoniously approach their families and work relationships.

Format for each month, beginning with Step One in January:

This meeting will dedicate each month to a single Step and Tradition, beginning with Step One and Tradition One in January 2021. We will read from program-approved literature, then devote time for sharing on the designated Step or Tradition, followed by open sharing, if time permits. To bring the Step alive and see how it applies to recovery, a monthly speaker will give a 20-minute pitch on his or her experience in working that particular Step.

Week One: Read the designated Step in the *OA 12 & 12*, then pitches on that Step, followed by open sharing.

Week Two: Read the designated Step in the *AA 12&12*, then pitches on that Step, followed by open sharing.

Week Three: A speaker will share on the designated Step for 20 minutes, followed by pitches on that Step, then open sharing.

Week Four: Read the designated Tradition in the *OA 12 & 12*, then pitches on that Tradition, followed by open sharing.

Week Five (when the month has one): Read the designated Tradition in the *AA 12 & 12*, then pitches on that Tradition, followed by open sharing.

Please join us on January 7, at 6 PM, for the first meeting of our new format. What better way to start the New Year than to dive into Step One?