

## Suggestions for future workshops

- **Abstinence (x3)**
  - Abstinence and Spirituality
  - Abstinence & Relapse
  - Abstinence – what does yours look like?
  - Abstinence: what is true abstinence and how to achieve
  - What is Abstinence?
  - Importance of being Abstinent
  - Exploring education to use for abstinence
  - Abstinence / challenges early in program and challenge with long-term abstinence
- **Step Work**
  - 12 step within
  - How to work the 12 steps
  - Doing the 4<sup>th</sup> step – different ways to do it
  - Keeping your program exciting after you work through the 12 steps (I understand you should work the steps again but other than that...)
  - 12 Steps and 12 Traditions of OA
- **The Tools**
  - Using the tools – clarifying what they are and how others use them in their recovery.
    - Talk on using “My OA Tool Kit”
  - Plan of Action: What to do, when and how
- **Spirituality**
  - Prayers
  - Relationship to Higher Power and OA
- **Food**
  - Food Plans perhaps
  - Talk on food plan for OA who doesn't cook
  - Food plans - How to develop one? What do YOU do? What different kinds or categories of food plans are there?
- **Miscellaneous**
  - Tiffany from Okamos would be a good speaker – she lost 70 pounds in 9 months
  - Service Projects
  - Starting new meetings – how to do so
  - Welcome Home
  - Technical – How to – Phone Meetings, Podcasts, etc.
- **General Comments**
  - Have a list of people and contact information – people who are willing to take new sponsee or willing to consider taking someone as a sponsee
  - I enjoyed the hands on nuts and bolts approach to the workshop. I hope this can be applied to other topics.
  - This is too long for me – I would have preferred a shorter program with just the panel and ask it basket. I would come to more of these if they were shorter. (I'm still working and have a family. 3 hours on a Saturday is a long time.)