

## OSPA Saturday meeting

730 AM EST / 1230 PM GMT/ 1330 PM CET [60 minutes]

(This is a zoom meeting.)

Welcome to this meeting of Obsessive Skin Pickers Anonymous (OSPA). My name is \_\_\_\_\_, I am a \_\_\_\_\_ (skin picking addict, obsessive skin picker, etc.) and your trusted servant for this meeting.

Please help me open the meeting with a moment of silence, followed by the “weversion” of the Serenity Prayer:

### Serenity Prayer

God, Grant us the Serenity to Accept the things we cannot change  
Courage to change the things we can and Wisdom to know the  
difference.

Welcome to OSPA, Obsessive Skin Pickers Anonymous! Whether you know it as Dermatillomania, Excoriation Disorder, or Compulsive or Obsessive Skin Picking, we too suffer from this debilitating, disfiguring disorder. Here in these rooms, however, we have discovered a solution, and through working the suggested simple program, attending meetings, reaching out to fellow skin pickers, and sponsorship, we have been granted the gift of abstinence, abstinence we never thought possible.

OSPA is a beacon of hope for the many sufferers who have battled repeated attempts to stop, the shame and remorse of relapse, the hideous scarring, and the social stigma of skin picking. Based on the 12 Step Program of Alcoholics Anonymous, and founded upon the concept of one skin picker helping another with an attitude of love and hope, OSPA is an answer to this disease, guides us toward a gentler way of life, and embraces the precious mantra “To thine own self be true.”

You, too, can recover as we have if you will join us, and put your hand in ours, on this incredible journey of mind, body, and spirit. You, too, can be free. Welcome to OSPA. Welcome Home!

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To reduce background noise please take a moment to mute your devices now by pressing \*6 if you are on a phone, or using the mute function on your device. Unmute only when you are the one speaking to help keep the meeting quiet. Thank you!

At this meeting people are welcome to unmute to greet and thank fellows before and after they share.

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**Introductions**

Newcomers: Is there anyone here for their first time at this meeting? If so, please say your first name so that we may welcome you.

*Greet the newcomers with, “Welcome\_\_\_\_\_” (naming the newcomers) “We are glad you are here. We encourage you to stay on for fellowship after the meeting to take down phone numbers and ask questions”]*

In this meeting members can introduce themselves by sharing their first name, where you are from, how you are feeling in a few words, and if you so choose one thing you are grateful for.

*(Hi my name is \_\_\_\_\_ I’m a picking addict from \_\_\_\_\_ I feel \_\_\_\_\_, and I am grateful for \_\_\_\_\_.)*

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Everyone, including newcomers, can be of service by offering to read, share or be the timekeeper for this meeting.

Who would like to read the OSPA preamble?

**The OSPA Preamble**

Obsessive Skin Pickers Anonymous (OSPA) Worldwide Fellowship is a community of people who have found their way out of Excoriation Disorder’s grip by working the OSPA program and engaging with the community support of the worldwide group. The primary premise and foundation of OSPA is the concept of one skin picker reaching out to another with an attitude of love and support. Through giving back to others what we are freely given we are finally able to recover from this devastating illness.

Obsessive Skin Pickers Anonymous is a fellowship of people who seek to recover from Excoriation Disorder (Skin Picking) by working the Twelve Steps and Twelve Traditions as adapted from AA. We seek abstinence from obsessive or compulsive skin picking, and physical, emotional and spiritual recovery. The only requirement for OSPA membership is the desire to stop picking. OSPA is entirely self-supporting relying only on contributions from individual members, and is free to all who need it.

Many of us who have now found OSPA truly thought we were the only ones in the world who engaged in this form of self-destructive behavior.

We seek to eliminate the shame we have felt due to this disorder by lifting each other up

with love and understanding.

Welcome to OSPA - You are no longer alone!

Thank you \_\_\_\_\_

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Who would like to read the 12 steps of OSPA?

### **The Twelve Steps of OSPA**

1. We admitted we were powerless over skin picking - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of our Higher Power and we understood that Power.
4. Made a searching and fearless moral inventory of ourselves
5. Admitted to our Higher Power, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have our Higher Power remove all these defects of character.
7. Humbly asked our Higher Power to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with our Higher Power as we understood that Power, praying only for knowledge of our Higher Power's Will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other skin pickers, and to practice these principles in all our affairs.

Thank you \_\_\_\_\_

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Who would like to read the Twelve Traditions of OSPA?

### **The Twelve Traditions of OSPA**

1. Our common welfare should come first; personal recovery depends on OSPA unity.

2. For our group purpose there is but one ultimate authority - a loving Higher Power as may be expressed through our group conscience. Our leaders are but trusted servants, they do not govern.
3. The only requirement for OSPA membership is a desire to stop skin picking.
4. Each group should be autonomous except in matters affecting other groups or OSPA as a whole.
5. Each group has but one primary purpose - to carry its message to the skin picker who still suffers.
6. An OSPA group or OSPA as a whole ought never to endorse, finance, or lend the OSPA name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.
7. Every OSPA group ought to be fully self-supporting, declining outside contributions.
8. Obsessive Skin Pickers Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OSPA as such ought never to be organized; but we may create service boards or committees directly responsible to those they serve.
10. Obsessive Skin Pickers Anonymous has no opinion on outside issues; hence the OSPA name ought never to be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Thank you \_\_\_\_\_

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**Timekeeper**

We will need a timekeeper for our reading and sharing. Who would be willing to do that service?

Thank you \_\_\_\_\_

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**Reading**

This is a literature meeting of OSPA. We read Conference-approved literature from other 12-Step programs to support our OSPA recovery. In honoring the traditions of other fellowships, we read the literature as written. We substitute skin picking for the other addiction in our own minds as best as possible in order to identify.

This week we will be reading from program of\_\_\_\_\_.

*[Choose from any 12-Step program, i.e., AA, DA, OA, SAA, etc.]*

The outside literature we will be reading is\_\_\_\_\_and can be found \_\_\_\_\_

We will read for 10 minutes. I will get us started. When ready to turn over to the next reader, please say "Pass."

*[Make sure the timekeeper is ready.]*

*[After reading]* Thank you everyone for reading.

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**Sharing**

It is now time for sharing. Everyone is invited to share but no one is obligated to do so. Please avoid "Cross-Talk" and interruptions during the meeting. "Cross-Talk" is defined as commenting on a person's share, offering feedback, or interrupting them during their share. Please refrain from the use of graphic descriptions of picking episodes or acting-out behaviors so that others aren't triggered during the meeting.

In this meeting we stay focused on the solution. You may share on the reading and how it applies to your recovery or on any other topic that you would like to today.

Remember to mute yourself if you are not talking. The time limit for each share in this meeting is 4 minutes. Please acknowledge you have heard the timekeeper and promptly wrap up your share.

*[If it is the 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> or 5<sup>th</sup> Saturday of the month]* "We will share until 20 minutes after the hour"

*[If it is the 3<sup>rd</sup> Saturday of the month]* "Sharing ends at 10 minutes after the hour for the business meeting, which will last for up to 15 minutes."

Who would like to begin sharing?

*[After sharing]* That is all the time we have for sharing.

*[If it is the 3<sup>rd</sup> Saturday of the month]* "I will now turn the meeting over to our Business meeting Chair for our business meeting." *Otherwise continue with the format.]*

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**Suggestions for reading**

Another way to contribute to these meetings is by suggesting literature to read in a future meeting and posting a link to the reading in the chat. If there are no suggestions then the trusted servant can choose a reading for the next meeting. Would anyone like to share a suggestion now?

### **Recovery and Day counts**

Whether you are working towards abstinence or already have abstinence, taking recovery action is an important part of the OSPA programme and something to be celebrated.

Are there any OSPA members who would like to celebrate a recovery action or any amount of abstinence? Please say your name, your recovery action and/or any time you would like to celebrate.

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### **The Seventh Tradition and Announcements**

Our Seventh Tradition states, “Every OSPA group ought to be fully self-supporting, declining outside contributions.” This means OSPA depends only on the contributions of its members for support. OSPA has no dues or fees, but our Fellowship does have expenses. As this is an online meeting, we do not pass a physical basket, but instead we ask you to donate to our meeting directly. Please use paypal to donate to the following email address which will be posted in the chat: **ospameetings@proton.me**

Our business meeting is held every third Saturday of the month, 10 minutes after the hour, for 15 minutes.

Are there any OSPA announcements?

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Who would like to read the 9<sup>th</sup> Step Promises from the Book of Alcoholics Anonymous?

### **The 9<sup>th</sup> Step Promises of Alcoholics Anonymous**

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down

the scale we have gone we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them.

*[The brief excerpt from Alcoholics Anonymous is reprinted with permission of A.A. World Services, Inc. Permission to reprint the excerpt does not imply an affiliation with or an endorsement by Alcoholics Anonymous.]*

Thank you\_\_\_\_\_.

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### **Closing**

Thank you for allowing me to be of service during this meeting, thank you all for your participation, and thank you to those who were of service.

Please remember this is an Anonymous program: Who you see here – What you hear here – When you leave here - Let it stay here. This is to remind us all not to share members' names or discuss the details of this meeting outside of the meeting.

After a moment of silence for the skin picker who still suffers both in and out of these rooms, please unmute yourself and join me in closing with the OSPA prayer.

#### **OSPA Prayer**

*As joined our hands of many shapes  
So join our hearts of many faiths  
And lift our eyes from  
suffering So blindly trusting  
following*

*You lead from dark paths of despair  
To the sunlit highway where  
In your name we humbly pray And  
thankfully receive your Grace.*

## Phone Numbers and Fellowship

We will now take a moment to exchange phone numbers. In the chat box please type your name, phone number, and time zone. If you are on the phone you can say your number verbally. There is now an opportunity for fellowship- a chance for newcomers to ask any questions and for fellows to chat informally. Is anyone willing to host fellowship?

If yes- I will now handover the meeting to \_\_\_\_\_ for fellowship and the meeting host can transfer ownership to \_\_\_\_\_. Thank you everyone for attending the meeting and letting me be of service.

If no- There will not be fellowship today so the zoom meeting will end here. Thank you everyone for attending the meeting and letting me be of service.

*[Type: My name is\_\_\_\_, from\_\_\_\_\_, and my phone number is\_\_\_\_\_ (time zone, private voicemail, best times to call, willing to sponsor, etc)]*

*[End of Meeting.]*

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***Follow with the business meeting format if it is the third week of the month:***

### **OSPA Business Meeting Format**

1. Open with the “We” version of the Serenity Prayer
2. Announce the duration of the meeting and ask the timekeeper to give a 5 minute warning, a 1 minute warning, and then to announce “time” when the duration has ended.
3. Confirm the Business Meeting Secretary is present to take minutes of the meeting. If not available, ask for a volunteer to step in to take meeting minutes.
4. Ask for reports:
  - Secretary’s Report: Read minutes from the last meeting. After the minutes are read



Chair asks if there are any amendments to the minutes or for a motion to accept the business meeting minutes as read.

- Other Report: (if applicable)

5. Conduct Elections of the meeting's service positions: (30 days of abstinence is suggested)

Elected Monthly:

- Trusted Servant for next month
- Zoom Host for next month
- Screen-sharer for next month

Elected Quarterly (March, June, September, December):

- Intergroup Representative for the next 3 months
- Business Meeting Chair for the next 3 months
- Business Meeting Secretary for the next 3 months

Elected Biannually (June, December):

- Google Drive Keeper for the next 6 months

6. Ask if there is any Unfinished Business to discuss – (items carried over from the previous meeting's minutes)

7. Ask if there is any New Business to discuss – (items suggested by members in the meeting)

\*\*\*\*\* **1 minute warning** \*\*\*\*\*

8. Motion to close or extend the Business Meeting – (unfinished business will carry over as old business to the next meeting, if tabled or not addressed.)

9. Close with the "We" version of the Serenity prayer

*[End of Business Meeting. Turn meeting back over to the trusted servant to continue with the regular format.]*

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