

OSPA **Tuesday** Meeting Format – Meditation and Topic Meeting

Tuesday 8:00pm to 9:00pm CET

Zoom meeting ID: 954 0868 8477

1st Tuesday of month: Regular meeting

2nd Tuesday of month: Business meeting (**held at 8.50pm CET, after the meeting which ends at 8.45pm**)

3rd Tuesday of month: Speaker meeting

4th and/or last Tuesday of month: Regular meeting

[Start of Meeting] Hi, my name is _____ and I'm an obsessive skin picker.

I would like to welcome you all to the Meeting of Obsessive Skin Pickers Anonymous (OSPA) and would like to thank you all so much for being here!

Please help me open the meeting with a moment of silence followed by 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, an 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 towards 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!

Let's begin by introducing ourselves. Is there anyone here for their first time at this meeting? If so, please say your first name so that we may welcome you.

[Newcomer Introductions]

Let's open up for general introductions.

[Member Introductions]

Participants of this meeting can be of service by offering to read the OSPA Preamble, 12 Steps, 12 Traditions, or Promises. The format and readings for this meeting can be found on our website.

Would someone like to volunteer 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. OSPA welcomes those with the related disorders of Trichotillomania (hair pulling), and self-mutilation disorders.

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 _____.

OSPA is a 12 Step oriented fellowship. Would someone like to volunteer to read the 12 Steps of OSPA?

The 12 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 God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him 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 God as we understood Him, praying only for knowledge of His 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 _____.

OSPA is also based on the 12 Traditions. Would someone like to volunteer to read the 12 Traditions of OSPA?

The 12 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 God as He 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 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 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 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 _____.

Meditation: Step 11 encourages us to improve our conscious contact with God through prayer and meditation. In this meeting we will meditate together for five minutes. There is no right or wrong way to meditate; you can meditate in any way that you'd like.

Would anyone like to volunteer to play a chime at the end of 5 minutes otherwise I will just say "time is up" after 5 minutes? [Thank any volunteer]

We ask that you mute your microphone to limit distractions to others – the meeting host may also mute you. The meditation will now begin.

[Trusted servant or volunteer sets timer for 5 minutes and when the timer goes off plays chime or says "time is up"]

[3rd Tuesday of month: Speaker meeting, we don't read the daily AA reading]

On the third Tuesday of the month, we have a speaker meeting. This week _____ has come to share their experience, strength and hope for 15 minutes. Would someone volunteer to be the timekeeper for the speaker? [Ask the speaker what time warnings they would prefer.]

[Not 3rd Tuesday: Read the daily reflection, except when speaker meetings; we don't read the daily reading, instead go straight to speaker after the meditation]

Daily reading from AA https://aa.org/pages/en_US/daily-reflection

Normal meeting: [Members take turns sharing until 5 minutes before the meeting ends]

Sharing:

We have now come to the sharing portion of our meeting. 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 or offering feedback (including in the chat box) or interrupting a person during their share. We do ask that you refrain from the use of any graphic descriptions of picking episodes or acting-out behaviors so that others aren't triggered during the meeting.

[Speaker meeting] - ask the sharer if they are okay with direct references to their share.

The time limit for each share in this meeting is 3 minutes. If someone is exceeding their allotted speaking time, the timekeeper will give a gentle reminder "time is up" to let the speaker know they should finish their thought. Please acknowledge you have heard the timekeeper and promptly wrap up your share. Would someone volunteer to be the timekeeper?

The meeting is now open for sharing.

[Members take turns sharing until 5 minutes before the meeting ends, except on business meeting weeks, the second Tuesday of the month, when we share until 15 minutes before the meeting ends]

That is all the time we have for sharing.

Announcements

Our 7th 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 request you visit the Donate section of our website at osparecovery.org. A suggested donation is \$1, but you are free to give any amount that works for you. Money is not as vital as your presence.

Our Intergroup meeting is held on the 1st Sunday of the month, 15 minutes after the regular meeting. The Tuesday group holds a business meeting on the 2nd Tuesday of the month, after the regular meeting. The business meeting is usually 15 minutes.

Are there any other OSPA related announcements?

Recovery time celebration

Does anyone have recovery time that you'd like to celebrate with the group today? [Members say their name and any time they'd like to celebrate.]

Congratulations to everyone celebrating today! Keep coming back! If you have questions about defining abstinence in OSPA, there will be time for questions after the meeting.

Would someone like to volunteer to read the Promises from the Big Book of Alcoholics Anonymous?

The Promises of Alcoholics Anonymous

If we are painstaking about this phase of our development, we will be amazed before we are halfway 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 _____.

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.

We welcome all members to share their contact information after the meeting in the chat box if they are available for outreach calls and/or willing to sponsor. Everyone is also welcome to stay on afterwards for conversation and support.

After a moment of silence for the skin picking addict who still suffers both in and out of these rooms, please join me in the OSPA Prayer, a non-denominational prayer to a Higher Power of your choice:

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.

The meeting is now closed.

[End of Meeting]

Version 15/08/2023

OSPA Tuesday Business Meeting Format

2nd Tuesday of the month on Zoom (in the last 10 minutes of the meeting) Tuesday,
_____ (date)

Chair (same as Meeting Chair for that day):

Secretary:

Attendees:

1. Open with the “we version” 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.

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. Approval of last month's meeting minutes_____.
5. Conduct elections of monthly service positions for the month of_____ (next month).

Call for volunteers:

- a. Meeting Chair_____
- b. Meeting Host_____
- c. Screen Sharer_____
- d. Speaker Seeker_____ (monthly position)

4. Review and elect quarterly service positions:

- a. Business Meeting Chair will be the same as the Meeting Chair for that day.
- b. Business Meeting Secretary_____

5. Any intergroup feedback?
6. Unfinished Business Items for discussion.
7. New Business Items for discussion.
8. Items tabled for the Next Business Meeting.

9. Motion to close or extend the Business Meeting.

10. Close the meeting with the “we version” of the Serenity Prayer.