

# OSPA Monday Meeting Format

## Living Abstinent – Topic/Literature Meeting

Phone Number: (515) 604-9604 / Access Code: 979957#

Monday 9:00pm to 10:00pm EST

(updated June 15, 2020)

(Phone conference guide at the end of the format. International dial-in numbers on the website.)

### [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 me the Serenity to  
Accept the things I cannot change  
Courage to change the things I 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!

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### [Introductions]

Let's begin by introducing ourselves.

First we will start with 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.

**[Welcome any newcomers]**

We will now go around for general introductions. I'll start. My name is \_\_\_\_\_ and I'm a \_\_\_\_\_ from \_\_\_\_\_.

Our business meeting is held on the 3rd Monday of the month during the meeting, 35 minutes after the hour for 15 minutes.

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 \_\_\_\_\_.

### **Group Reading and Sharing**

This is a literature meeting where we read from the Big Book of Alcoholics Anonymous. Each meeting a member volunteers to read a passage from where we left off the previous week. Following the reading, everyone is welcome to share on the passage. After everyone has shared, we will then read and share on the next passage, and so on, until the time for reading and sharing is up.

For the sharing portion of this 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, offering feedback, or interrupting them 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.

We will need a time keeper for the sharing portion of this meeting. The timekeeper is a service position. The time limit for each share is three 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. Who would be willing to do that service?

This week we will be reading from the chapter \_\_\_\_\_ starting on page \_\_\_\_\_ of the Big Book of Alcoholics Anonymous. You are welcome to share on this reading or on other hope, strength and courage from your recovery program.

Would anyone like to volunteer to read?

**[Members take turns sharing until 10 minutes before the meeting ends.]**

That is all the time we have for sharing.

### **Day Counts and Anniversaries**

Celebrating abstinence shows the OSPA program works as we carry the message of hope that anyone with a desire to stop skin picking can recover.

Are there any OSPA members celebrating up to 90 days of abstinence? Please say your name and any time you would like to celebrate.

Are there any OSPA members celebrating 90 days or more of abstinence?

Congratulations to everyone celebrating tonight! Keep coming back!

Our time in the OSPA program does not make us better than, nor less than other members. We learn from each other, as our lives depend on this, knowing that we are all in recovery one day at a time.

If you have questions about defining abstinence in OSPA, contact your sponsor or stay after the meeting for fellowship.

### **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](http://osparecovery.org).

Are there any OSPA related announcements?

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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 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 \_\_\_\_\_.

### Closing

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 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]**

## FreeConferenceCall.com Phone Conference Guide

Dial-in Number: \_\_\_\_\_ Access Code: \_\_\_\_\_ PIN: \_\_\_\_\_

### Host Instructions:

1. Call the dial-in number
2. Enter the Access Code followed by #
3. Press \* then enter the PIN followed by #

### Host Keypad Commands:

**\*2 Caller Count** - Hear a count of how many hosts and participants are on the call.

**\*5 Muting** – A prompt will explain the current settings each time the host presses \*5.

- Press \*5 once to mute all participants. “**All participants are muted and they can unmute themselves**” by pressing \*6. Host stays unmuted.
- Press \*5 again to mute all participants. “**All participants are muted**” Participants are NOT able to unmute themselves. Host stays unmuted.
- Press \*5 again to unmute all participants. “**All participants are unmuted**” Participants can mute themselves by pressing \*6. Host stays unmuted.

**Note:** By default, all lines are unmuted, allowing all participants to talk.

**\*6 Self Mute** – Mute each individual line. Press \*6 again to unmute the line.

**\*7 Conference Lock** – Lock the conference and block all other participants from entering. Press \*7 again to unlock the conference and allow participants to join.

**\*8 Entry and Exit tones** – A prompt will explain the current settings each time the host presses \*8.

- Press \*8 to turn OFF both Entry and Exit tones.
- Press \*8 again to turn OFF Entry tones and turn ON Exit tones. Press \*8 again to turn ON Entry tones and turn OFF Exit tones. Press \*8 again to ON both Entry and Exit tones to on.

**Note:** By default, the entry and exit tones are turned on.

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