

## OSPA **Sunday** Meeting Format – In All Our Affairs Meeting

Sundays 4:30pm to 5:30pm PDT

[Zoom Meeting](#) ID: **821 7592 3227**

1st Sunday of month: Regular meeting

2nd Sunday of month: Business meeting (**held at 5:10 PST during meeting**)

3rd Sunday of month: Speaker meeting

4<sup>th</sup> and/or last Sunday of month: Regular meeting

*For the Zoom Host: Instructions for removing a bomber: hover over the participant's video box in the upper right hand corner and click on the three dots that pop up; at the bottom of the menu that pops up click on "Remove." You can also remove someone by opening the participant box, hovering over the bomber's name, and clicking on the same three dots that pop up, and then clicking "Remove." You can also suspend participant activities by clicking the security icon in the menu bar and selecting "Suspend participant activities." You can then remove the bomber and resume activities."*

[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**

*Higher Power, 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. *This meeting also welcomes everyone who suffers from a body-focused repetitive behavior that they feel falls under the umbrella 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]**

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Let's open up for general introductions.

### **[Member Introductions]**

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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? [\[Share screen\]](#)

## 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 \_\_\_\_\_.

OSPA is a 12 Step oriented fellowship. Though the 12 steps as developed by AA use the word "God," it is not a requirement that one follow or believe in a specific religion or concept of a Higher Power. Would someone like to volunteer to read the 12 Steps of OSPA? [\[Share screen\]](#)

## 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 a Higher Power as 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 this Power, praying only for knowledge of this 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 \_\_\_\_\_. Would anyone be willing to read the 12 Traditions of OSPA?

[\[Share screen\]](#)

## 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 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 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 \_\_\_\_\_.

*Third Sunday:* On the third Sunday 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]

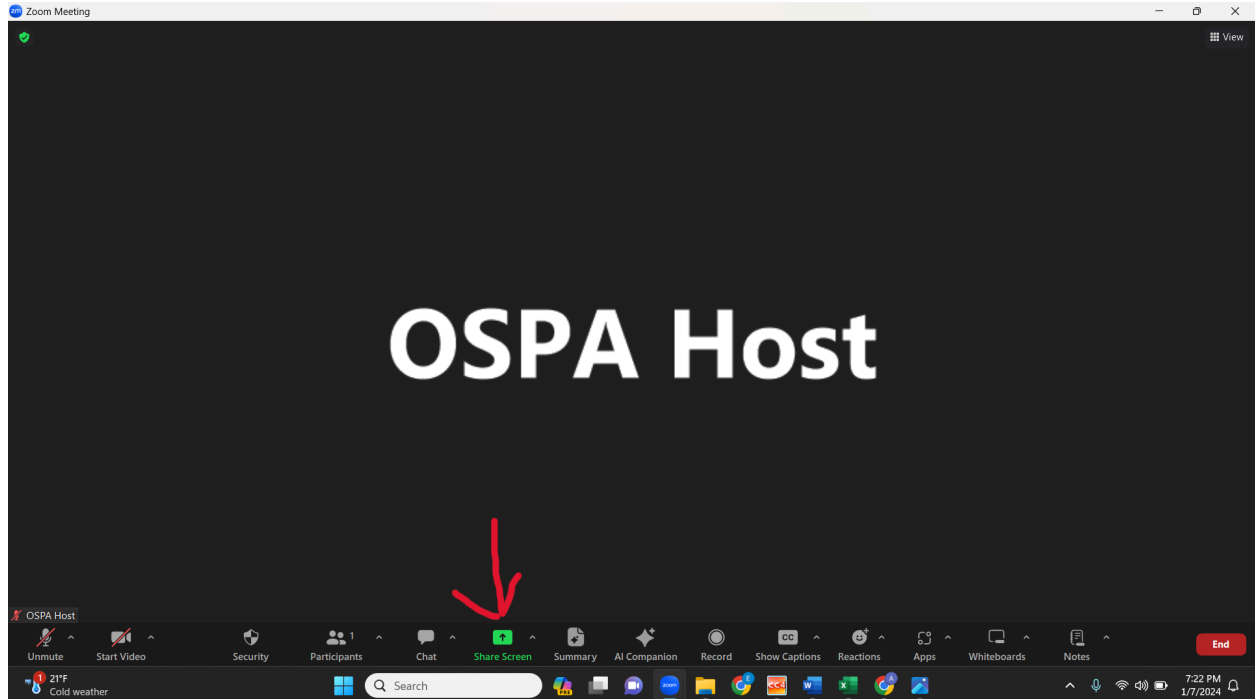
Before our meditation we will read the daily reading from *The Language of Letting Go*, found on the Hazelden Betty Ford website. *[Use the book menu on the left hand side to find the correct book. This reading can be posted in the chat, or it can also be screen-shared – make the text larger by clicking on the A symbol at the upper right]*  
<https://www.hazeldenbettyford.org/thought-for-the-day>

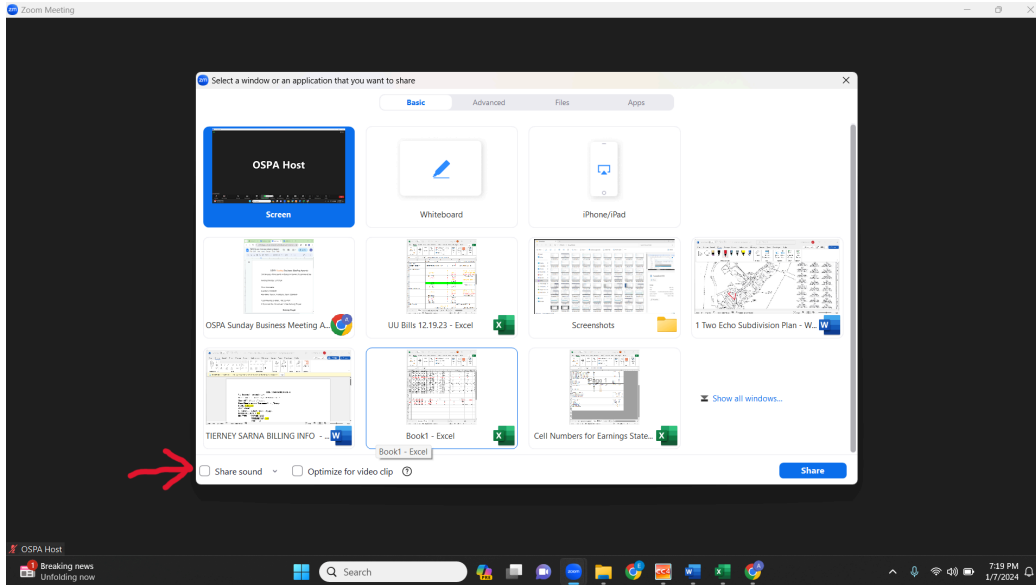
*Non-speaker Sunday:* We are entering our ten minutes of quiet reflection. You may use this time however you wish, to meditate, pray, journal, read, or do anything that supports your recovery. We will play some [ambient music](#), which you can mute if you don't want to listen to it. Our sharing time will follow. *[use screen sharing to play music and make sure to check "play sound"; see screen shots below]*

## Music Ideas

<https://www.youtube.com/watch?v=b1iq8y9Tvd4>

1. <https://www.youtube.com/watch?v=u3papaX85MA>





## 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.

In this meeting, while we celebrate the fact that many of our members also participate in other 12-step fellowships, we keep our sharing focused on OSPA recovery. We do not consider it an "outside issue" when someone shares how their identities, ancestry and lived experience affect their recovery, and we welcome sharing on those topics.

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

We will have a timekeeper during this meeting. The time allocated to each person to share will be 5\* minutes but your share can be shorter if you wish. (\*If there are 6 or more participants, we will share for 4 minutes each.) 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. Would someone volunteer to be the timekeeper?

The meeting is now open for sharing.

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(At 50 minutes after the start of the meeting, or, on the second Sunday of the month, at 6:10 PST) 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](https://www.osparecovery.org/donate) section of our website at [osparecovery.org](https://www.osparecovery.org). *[post donate link in the chat: <https://www.osparecovery.org/donate> ]*

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

We need to elect positions for this meeting for 1 month terms: Meeting Chair, Zoom Host, Timekeeper, Speaker seeker, Business meeting chair, Business meeting secretary, and Intergroup Representative.

This meeting has a Whatsapp group that all are welcome to join. It shares the same understanding of the traditions and “outside issues.” *[Put this link in the chat: <https://chat.whatsapp.com/K28yCM69MMa5CIVngBeHta> ]*

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 9th Step Promises from the Big Book of Alcoholics Anonymous? *[Share screen]*



## The 9th Step 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 prayer (*choose any of the following, share screen*):

### ***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.*

### ***Seventh Step Prayer***

*My Creator,  
I am now willing that you should have all of me,  
good and bad.  
I pray that you now remove from me  
every single defect of character which stands in  
the way  
of my usefulness to you and my fellows.  
Grant me strength, as I go out from here,  
to do your bidding.  
Amen.*

**Third Step Prayer**

*God, I offer myself to Thee  
To build with me and to do with me as Thou wilt.  
Relieve me of the bondage of self,  
that I may better do Thy will.  
Take away my difficulties,  
that victory over them may bear witness  
to those I would help of Thy Power,  
Thy Love, and Thy Way of life.  
May I do Thy will always  
Amen*

**Set Aside Prayer**

*God please help me set aside everything I think I know about myself,  
recovery, the Big Book, the 12 Steps, and you, that I might have an open mind  
and a new experience.*

The meeting is now closed.

[End of Meeting]

Version 9/15/2024

## OSPA **Sunday** Business Meeting Agenda

2nd Sunday of the month on Zoom (in the last 10 minutes of the

meeting) Sunday, \_\_\_\_\_(date)

Chair: \_\_\_\_\_

Secretary: \_\_\_\_\_

Attendees: \_\_\_\_\_

1.Call meeting to order: \_\_\_\_\_PT.

2.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.*

3. Decide on the approximate duration of the meeting\_\_\_\_\_.

4.Timekeeper volunteer \_\_\_\_\_.

5. Approval of the last month's meeting minutes\_\_\_\_\_.

6. Electing of monthly service positions for the next Month\_\_\_\_\_.

Call for volunteers:

a. Meeting Chair: \_\_\_\_\_

b. Meeting Host: \_\_\_\_\_

C. Speaker Seeker: \_\_\_\_\_

D. Timekeeper: \_\_\_\_\_

7. Review and elect monthly service positions:

1.Business Meeting Chair: \_\_\_\_\_

2.Business Meeting Secretary: \_\_\_\_\_

8. Unfinished Business-Items for Discussion.

9. New Business–Items for Discussion. – idea to add a 15 minute meditation time to all non-speaker meetings; table and vote in September

10. Next Business Meeting: (date and time) – Sept 10

11. Items tabled to the Next Business Meeting.

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

13.Meeting conclusion time\_\_\_\_\_.