

OSPA Friday “Easy Does It” Meeting Format – Literature/Topic & Speaker Meeting

Fridays 10am ET, 9am CT, 8am MT, 7am PT (USA)

Meeting ID: 924 6157 3269 / Passcode: 12

Business meeting is held 45 minutes past the hour on the 2nd
Friday of the month.

Speaker meeting is first Friday of each month

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 mute your microphone if you are not speaking, and if you are eating, we ask that you please turn off your video.

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!

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?

- 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 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 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 _____.

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

Regular meeting: (Chair/reader decides if this will be a literature OR topic meeting)

Literature: Today is a Literature meeting. We will read from [literature of chair's choice] until 20 minutes past the hour. We take turns reading. When you are finished reading please say "pass" and the next person can read. At 20 minutes past the hour

we will stop reading and move to sharing.

—OR—

Topic: We will now choose a topic for this meeting. Does anyone have a topic they would like to discuss today?

Speaker meeting [First Friday of the month]: On the first Friday 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 a timekeeper for the speaker? **[Ask speaker what time warnings they would prefer]**

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" in shares or the chat box, 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 timekeeper 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?

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

You are welcome to share on today's reading/topic or on any

other OSPA related topic.

The meeting is now open for sharing.

[Members take turns sharing until 8 minutes before the meeting ends, except on business meeting weeks, the third Wednesday of the month, when we share until 15 minutes before the meeting ends]

Regular Meeting at 52 minutes past the hour: That is all the time we have for sharing.

Business Meeting (2nd Friday of month) at 45 minutes past the hour: That is all the time we have for sharing. *Skip to Business Meeting script in blue below*

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 donate to OSPAm meetings@proton.me .

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

Are there any other OSPA related announcements?

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 any amount of abstinence? Please say your name and any time you would like to celebrate.

Congratulations to everyone celebrating today! 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.

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 closing this meeting with the we version of 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.*

The meeting is now closed.

[End of Meeting]

**Business Meeting: 2nd Friday of the month, starting
45 minutes past the hour**

1. Call meeting to order: 10:45am EST.

2. Open with the “we version” of the 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.*

Our business meeting will last up to 10 minutes. Timekeeper,
please give us a warning at 9 minutes and say “time is up” at 10
minutes.

3. Intergroup Representative report (any news from Intergroup?)

4. Election of monthly service positions (do this every month):

Call for volunteers:

- a. Meeting Chair _____
- b. Meeting Host _____
- c. Speaker Seeker _____ (due date)
_____.
- d. Screen Sharer _____

5. Election of quarterly service positions (every 3 months):

- a. Business Meeting Chair _____ (start
date) _____.
- b. Business Meeting Secretary _____ (start
date) _____.
- c. Intergroup Representative _____ (start
date) _____

6. Election of annual service position: TREASURER

7. Unfinished Business - Items for Discussion.

8. New Business – Items for Discussion.

9. Next Business Meeting Date _____ and Time _____.

10. Items to be Carried Over to the Next Business Meeting.

11. Close the business meeting with the “we version” of the

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.*

(Return to **Announcements** section of regular meeting above to close meeting)