

TSW FORMAT
For
INFORMATION GATHERING
"Ideas that Work"

Type of Project: Service/Special Events

Project Name: Promises by Candlelight

Project Goal: Bring together the fellowship to share and experience the joy that the Promises bring

Organizing Service Body: Arizona Serenity in the Desert IG (ASDI), Region 3

Contact Information: Charlene, jmcharkiki@aol.com

Resources Needed (Budget, volunteers, materials, etc.): Volunteers needed - Coordinator/Host, 12 volunteers for sharing of each of the promises, 3 volunteers to light the last 3 candles, and other volunteers to read/lead Serenity prayer, 12 steps/12 traditions and chip presentation.

Materials needed - 15 taper candles, 1 larger candle for the center, a large round table to hold these candles, small congregational candles for attendees (this number will depend on the anticipated number of attendees), Abstinence Birthday Chips.

Venue needed - one that could hold the number of anticipated attendees (the event could be held in a park).

Implementation Process (including length of time for planning and implementation):

Recommended amount of time might be 90 days. It is important to make sure that the entire fellowship hears about it and volunteers are given enough time to prepare for their sharing. The actual ceremony should be 60-90 minutes. See the attached outline for ceremony specifics.

Additional Comments (including things of which to be mindful): This really is a beautiful ceremony and the fellowship can celebrate the true miracles that each of us are in recovery. It is important to be mindful of the time that each participant shares on a promise. Often a timer can be used to help them be aware of the time. It is important that the attendees have ample time to share in the closing circle. If the goal is unity it is important that everyone has time to share their experience, strength and hope.

Results: This event has been well attended and many have shared that it is a beautiful way to celebrate recovery.

Outline for Candle Lighting Ceremony

Welcome of Attendees—"I welcome you all....Are there any out of towners? 1st OA meeting? Everyone should have a candle for the closing...."

Serenity Prayer

OA Preamble

12 Steps

12 Traditions

Person who is in OA recovery longest and a Newcomer (1st meeting)—They light last year's candle together (this candle is in the center of the table)

Presentation of Abstinence Birthday Chips

Coordinator/Host—A few "house-keeping" notes; i.e., restroom location, turn cell phones off, tissues, attendee candles will not be used until closing....

Ceremony Begins:

(Large circular table with "last year's candle" in center and 15 candles around the edge of table)

(Coordinator/Host reads) *If we are painstaking about this phase of our development we will be amazed before we are half way through.*

(Participant lights a candle using the center candle, reads a promise and shares their experience strength and hope for that promise 3-5 minutes, then next participant follows)

(Sharing of Promise #1) *We are going to know a new freedom and a new happiness.*

(Sharing of Promise #2) *We will not regret the past nor wish to shut the door on it.*

(Sharing of Promise #3) *We will comprehend the word serenity and we will know peace.*

(Sharing of Promise #4) *No matter how far down the scale we have gone, we will see how our experience can benefit others.*

(Sharing of Promise #5) *That feeling of uselessness and self-pity will disappear.*

(Sharing of Promise #6) *We will lose interest in selfish things and gain interest in our fellows.*

(Sharing of Promise #7) *Self-Seeking will slip away.*

(Sharing of Promise #8) *Our whole attitude and outlook upon life will change.*

(Sharing of Promise #9) *Fear of people and of economic insecurity will leave us.*

(Sharing of Promise #10) *We will intuitively know how to handle situations which used to baffle us.*

(Sharing of Promise #11) *We will suddenly realize that God is doing for us what we could not do for ourselves.*

(Sharing of Promise #12) (hidden promise of Step 10) *And we have ceased fighting anything or anyone.... That is how we react so long as we keep in fit spiritual condition.*

Lighting of the remaining 3 candles:

(Three different participants, each take a turn, announce what their candle is for and light candle; there is no sharing on these candles)

1. For the founders of AA and OA who have past on.
2. For people currently still suffering both inside and outside these rooms.
3. For all of us here, everyone in OA, everyone in 12 step programs, the entire planet, for we are truly one.

Attendee candle lighting— Attendees form a large circle, Coordinator/Host lights their congregational candle from center candle and then lights first attendee's candle. From there that attendee lights the next candle, and then the next, until all attendee's candles are lit.

Attendees share in the circle; sponsors are also encouraged to identify themselves.

Serenity Prayer— after all who care to share, Coordinator/Host asks for a moment of silence followed by the Serenity Prayer.

THE PROMISES BY CANDLE LIGHT

Overeaters Anonymous
Arizona Serenity in the Desert Intergroup (ASDI)

Invites You To The



8th Annual

**Holiday
Lighting**



**Candle
Ceremony**

Friday,

December

**3, 2010
6:00 PM**

Our Saviour's Lutheran Church
1212 E. Glendale Avenue -- Phoenix, AZ 85020

Across the street from the OA office on Glendale Avenue

Join us for a celebration of the 9th Step Promises
[From *Alcoholics Anonymous*, Pages 83-84]

For further info and/or to be of service, contact:

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A 7th Tradition will be taken – your donation is tax-deductible