

List of resources compiled by participants of “On Awakening” workshop hosted by OA MetroWest intergroup on 2/23/20. Feel free to add resources to the end of this document and share it with others!

Prayer and Meditation

- “Please, one day at a time god. Today is a new day for me, and with you it can be a day of abstinence. With you I can handle anything. I ask for your protection today from anyone or anything that may interfere with my abstinence. I am asking now for your protection, in case something happens during the day, that my desire to act compulsively becomes stronger than my desire to abstain. I know that I am powerless over food, people, places, and things, and my life can become unmanageable again. I do believe that you will relieve my compulsion and restore me to sanity. Please help me to know your will for me today, and give me the willingness to carry it out.”
- Sit in the same place and set a timer for meditation, say 3rd and 7th step prayers at the end of the time.
- Pray every morning for knowledge of HP’s will and power to carry that out. Then help or guidance depending on what’s on the plate for the day.
- Guided meditation using Insight Timer app.
- Ask, what are my bonds of self today? And pray for removal specifically of those bonds of self.
- Perform yoga sun salutation and say a verse of the Third Step Prayer with each movement.

Reading and Writing

- Voices of Recovery and workbook
- Just for Today
- The Book of Awakening compiled by Mark Nepo

Other Resources

- A Vision for You Phone meeting (large phone meeting with a lot of recovery).
 - M-F 7am and 10 am (8am additional study hour); sponsors listed at 8:50am
 - 712-432-4210, pin: 876148
- Herb K morning outline: see pp. 48-50 of this PDF:
<https://herbk.com/wp-content/uploads/2020/01/Way-of-Life-2020.pdf>
- Cambridge Zen Center morning group meditations

Other Actions

- Get on knees!
- Schedule a phone call with a fellow and read the “For today” together and reflect on the phone.
- Yoga
- Qi Gung with a video - good to start with simple attention to body.

- Take a few minutes before getting up to review what's on personal action plan and food plan for the day.
- Call sponsor and give away food and action plan.
- Food prep for the day.