

The Power of WE

Together we can do what we could never do alone

1. Welcome & Opening (15–20 minutes)

- Serenity Prayer (together)
- Brief grounding: a few moments of quiet or guided meditation
- Introduce theme: “The Power of WE”
- Share a short OA reading about unity and fellowship (Tradition One, Big Book quote, or OA literature)
- Icebreaker: Invite participants to turn to a neighbor and share one word or phrase that “WE” means to them.

2. Personal Stories (30 minutes)

Leader(s) share 10–15 minutes each on:

- What “alone” looked like in the disease
- What “together” has meant in recovery
- A powerful “WE” moment in their OA journey

3. Reflection & Writing (20–25 minutes)

Prompt ideas:

- Where have I tried to do recovery alone, and what happened?
 - Where has “WE” lifted me up, supported me, or carried me?
 - What new possibilities open when I lean into “WE” today?
- (5–7 minutes of quiet writing, followed by optional partner sharing)

4. Group Sharing (35–45 minutes)

- Open the floor for 3–5 minute shares
- Focus: Experience, strength, and hope about fellowship, sponsorship, meetings, service, and unity

5. Experiential Activity (20–25 minutes)

Choose one:

- WE Circle: Everyone stands in a circle, each person shares one word that describes what WE means to them.
- Service Web: Using yarn, each person shares one way they give/receive support, passing the yarn along—by the end, a visual “web” of WE is created.
- Small Group Sharing: Break into groups of 3–4, each person shares how “WE” shows up in daily life.

6. Closing (20 minutes)

- Brief spiritual reading about unity or the fellowship of the spirit
- Invite final shares of one word or phrase people are taking away
- Together recite: “I put my hand in yours...” or Serenity Prayer

Optional Enhancements

- Handout with readings, prompts, and space for notes
- A “Power of WE” bookmark or takeaway card
- Music or imagery to support transitions

Timing Options

- 2 hours: Shorter shares, pick one activity
- 3 hours: Allow longer group sharing and include both writing + experiential activity