

A.R.T.S. Step Two Workshop Agenda

Note: The suggested timing adds up to about 2 hours and 30 minutes.

Opening

Leader/Facilitator: Welcome everyone. My name is _____ and I am a _____. I will be leading this workshop today. Also serving today are:

(Tech person and any others helping to run the workshop introduce themselves.)

Thank you for participating in today's workshop on Step Two. This is an opportunity for more intensive study than you might experience in a meeting. The workshop is designed to go for about 2 ½ hours with a ten-minute break.

The Twelve Steps of A.R.T.S. Anonymous are the program of recovery. The book *Alcoholics Anonymous*, where the Twelve Steps first appear, states, "Here are the steps we took, which are suggested as a program of recovery." Through the Twelve Steps it is possible to dismantle and move through the blocks that prevent us from fully engaging in our creative expression. It is possible to find freedom from what holds us back.

We invite those who participate in these workshops to share them with others. The scripts are available on the artsanonymous.org website. By sharing experience, strength and hope, all who participate benefit. It is also possible that those who submit writing to the Literature Committee could have it included in future A.R.T.S. Literature.

All who wish to join me, let's begin with the 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.

We will now read the Steps of A.R.T.S. Anonymous. Are there volunteers willing to help read?

(Tech screenshares the Twelve Steps of A.R.T.S. Anonymous)

Leader/Facilitator: I will now give a brief overview of today's workshop.

-We will have a speaker for about 7-10 minutes.

-This will be followed by introductions.

-We will then present questions for writing on Step Two.

-Writing for about 20 minutes, followed by a ten-minute break.

-Then we will go into breakout rooms to share in a small group.

-When we come out of the Breakout rooms there will be some additional questions for about 10 more minutes of writing.

-After that we will have an open sharing of what people wrote, or what they wish to share about the Step, or their experience at today's workshop.

Are there any questions before we go on? Much of this will become clearer as we go.

Speaker

Leader/Facilitator: Please allow me to introduce the Speaker for today, _____, who will share their personal experience, strength and hope with Step Two.

(Allow up to 10 minutes for the Speaker. Tech gives a warning of time remaining if the Speaker wants it)

Leader/Facilitator: Thank you_____.

Round Robin/Introductions

We will now go into a round robin session. In one minute or less, please introduce yourself by your first name and your art, what you hope to get from the workshop today, or anything you wish to say about what you just heard from the speaker. I will go in the order of who I see on the screen until everyone has had their minute.

(Up to 20 minutes; it depends on the number present. Tech times)

Question Sets 1 and 2 and Writing

Leader/Facilitator:

Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

The idea that there might be something greater than ourselves can generate a lot of feelings. Some will welcome the idea, for others it brings unease. In all cases, the belief in a power greater than ourselves is a choice that only we can make for ourselves.

What is the power that inspires the creative impulse? While growing up, many of us can recall a time when we were “powerless over” our creativity - without thinking about it, we simply did it. Step Two opens the possibility that there is something that can guide us to heal and recover our creative expression.

The practice of Step Two might be to try out the idea of a Higher Power, and see what happens. Are there a plan and a Power greater than ourselves that could restore us to sanity? Is there an infinite creative process that we can consciously become a part of? Step Two offers the possibility that there is and that we might become willing to trust it for ourselves.

(Tech screenshares Step Two and the two sets of questions below)

Step Two: Came to believe that a Power greater than ourselves

could restore us to sanity.

Experience: What does Step Two mean to me?

- What do I think of the idea of being restored to sanity?
- What might keep me from believing a restoration to sanity can happen?
- What does a power greater than myself mean to me?
- What happens in A.R.T.S meetings that I might relate to when thinking about this Step?

Strength: How do I feel about Step Two?

- How do I feel about the idea of “a loving God”, if at all?
- What might it feel like to be restored to sanity?
- Where and when do I feel the presence of a power greater than myself, if at all?
- Do I feel it is possible to trust a higher Power to free me to engage in your art?

Leader/Facilitator: These questions are offered as prompts to choose from for writing on Step Two. The questions are loosely divided by an emphasis on what we think and how we feel. They are optional, and you may have other ways to explore Step Two.

Is there a volunteer willing to read the questions aloud?

Are there any questions before we begin writing?

(Allow 20 minutes to write. Tech times)

Break

Leader/Facilitator: We will now take a 10-minute break. Please everyone, mute yourself. If you are doing anything distracting, please turn off your video. Some of you may wish to continue writing during this time. We will all come back together at _____ o'clock.

(Break for 10 minutes. Tech times)

Breakout Rooms

Leader/Facilitator: Welcome back everyone. Some of you may feel you have things to talk about. We will now be putting everyone into a breakout room of 4-5 people for sharing on the Step for about 25-30 minutes. There are suggested guidelines and a format for the breakout rooms posted in the chat. Breakout rooms will be given a 5-minute warning before closing.

(Tech person first puts the breakout room format and guidelines below in the chat. They then assign and open the breakout rooms. Use the "broadcast" feature to give a warning for when the breakout rooms will close)

Breakout Room Format:

- Everyone briefly introduces themselves by their name and art
- The group selects a volunteer to read the guidelines
- The group selects a volunteer to be the Timer
- The group decides how much time to give each person to share, and may include a warning for when time is up

Guidelines:

- Each participant may share their writing or what they are learning about the Step

- Please mute your microphone while others are sharing or reading
- Please avoid engaging in crosstalk or asking questions about what another is sharing

Final Questions and More Writing

Leader/Facilitator: Welcome back, everyone. A final set of questions will now be introduced to explore the hope that can be found in this Step. You have the option to use any one or all of these questions, or another question. Is there a volunteer to read the question?

(Tech person screenshares the questions in the box below)

Hope: How does Step Two relate to me and my creative expression?

- If a power greater than me restores my sanity, what might my creative life look like?
- What would it feel like to be restored to my creative expression?

Leader/Facilitator: We now have ten more minutes to write.

(Allow ten minutes to write. Tech times)

Open Sharing and Wrap Up

Leader/Facilitator: In the time we have left, we will take a show of hands to hear from those who wish to share something they wrote, or any breakthroughs or "aha" moments they experienced today.

(Allow about 20 minutes depending on time. Tech times)

Closing

Leader/Facilitator: Are there any announcements related to A.R.T.S. or to this series of workshops?

(Tech person screen-shares the Closing Prayer)

Leader/Facilitator: We will end with the Serenity Prayer, but first, may I ask someone to read the Closing Prayer of A.R.T.S. Anonymous?

In closing, I would like to say that no matter how distanced we may feel from our creative sources, no matter how long it has been since we were in touch with our creative spirit, or how feeble may seem our creative impulses, they are reawakening in our Higher Power's time, through this program and through our actions, no matter how small or how simple, a day at a time. I may not be able to see my own growth, or even to see my creations as beautiful, but I am able to see yours as inspiring and enriching my emotional, spiritual and physical world. We are not recovering merely to hide our light under a bushel; our creative gifts are a gift. To celebrate them, we humbly apply ourselves, sometimes to the work of art, and sometimes to play. May A.R.T.S. Anonymous teach us that our art, celebrated, will benefit and feed our own souls first, and the world's second, for the world hungers as much for this beauty as for food. We meet here together to feed this deeper hunger.

Leader/Facilitator: Please join me in the 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.