

## Rededication Meeting

### Equipment:

- 5 Tier Votive Stand
- 5 Votive Candles
- Enough small candles for everyone to have one
- Small paper plates to catch wax drippings
- (optional) Candle on the Water by Helen Reddy/CD player



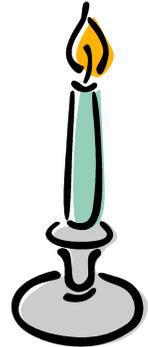
The installation of new officers marks the beginning of a new TOPS year – a perfect time for all members to remember what brought them to TOPS in the first place, and to rededicate themselves to continue their quest – whatever it might be – to reach their goal and become a KOPS, to maintain their KOPS status for another year, to move the large weight down to the next bracket. Each of us has a goal in mind, and those goals are as unique as each of us is from the other. Those goals are also very personal to us. So, no one is going to ask you to share your goal here this evening. I just ask that each of you take a moment to reach down within yourself and bring that goal front & center in your mind – and to keep it there as we go through this rededication ceremony.



I am lighting our center candle from the candle of continuity used to install your new officers – as it represents the dream that Mrs. Manz and her 3 friends had when they sat around her kitchen table that cold January morning in 1948 - and the fact that that dream continues to live on in the heart of all TOPS members all over the world.

### **Light the center candle from the candle of continuity from the installation.**

Our next candle represents the support you receive from your fellow TOPS members through your weekly meetings and their encouraging notes and/or phone calls throughout the week. As I light this candle, I ask each of you to challenge yourself to contact (with a phone call or a caring note) at least one member each week.



### **Light one of the inside candles from the center one.**



This candle represents our TOPS and KOPS Pledges. We recite these pledges each week – until, by now, they are just words. How often do we really think about what we're saying? They are called “pledges” for a reason – because the intent is for us to make this pledge to ourselves – in front of our TOPS family each week. As I light this candle, I ask each of you – as a chapter – when you recite your TOPS and KOPS Pledges – to do so slowly. Listen to the words, feel them, do your best to live up to them each week.

### **Light one of the inside candles from the center one.**

This candle represents movement. You will notice that I did not use the word “exercise”. We all find too many reasons why we can't “exercise”. But, we can all move – some more freely than others, but we are all capable of some kind of movement. As I light this candle I ask each of you to dedicate yourself to increasing the movement of which you are capable. Get up and dance to the



music on the TV commercials – or simply walk in place during each commercial – at the end of a ½ hour program, you will have walked for 15 minutes – and never left your TV set.

**Light one of the outside candles from the center one.**

This candle represents “The Choice is Mine” and the food plan it contains. We all came to our first TOPS meeting looking for a “magic potion” to help us rid ourselves of our excess poundage. Well, this book is about as close to that magic potion as we can get in the real world. Dig yours out, dust it off and take a look at it. I challenge you to join me in working



with the Exchange Plan of eating 1 week at a time. The first week, we concentrated on our fruits – making sure we consumed the proper number of fruits according to the caloric level appropriate to each of us. The second week, we added vegetables to the mix. And so on, until – at the end of 6 weeks, we had eased our way into eating the right amount of all the proper foods in a day. As I light this candle, join me in this effort.

**Light one of the outside candles from the center one.**

Before we stated this ceremony, you were each given a candle. At this time, I would like for all of you to – quietly – bring your candle forward and light it from Mrs. Manz’s dream and remain standing when you return to your place.

I would like to ask someone to turn off the room lights for a few moments to give us time to center our thoughts in private.

**Ask someone to turn off the lights and play song if you wish.**

Look at your candle and remember that you are the continuation of the dream out of which TOPS was born.

At the beginning of the ceremony, I asked each of you to bring your own personal TOPS goal to mind. Do you still have them there? Concentrate on that goal and rededicate yourself to it. Remember, no one can attain your goal for you. Your fellow TOPS members are here to encourage you on your journey, to console you through your missteps and to celebrate your successes with you. But ultimately – and I would like for each of you to repeat after me – **THE CHOICE IS MINE!**

**Ask that the lights be brought back up.**

As you leave here this evening – take your candle with you. Don’t take it home and put it in a drawer as a keepsake of the evening. Keep it handy, and when you feel your resolve slipping – take a few moments – get off by yourself, dim the lights and relight your candle. Remember this night and the magic of the TOPS dream as you rededicated yourself to attaining your own personal goal.