Learn It. Live It.
A ceremony for use at chapter meetings

Our Guiding Lights
A KOPS Recognition Ceremony

Inspired by Connie Reukauf, TOPS CO 0552 Golden

Introduction
A person trying to lose weight is like a ship floating along in an ocean of diet plans. Each of our ships has docked at different ports. There have been stops at Cabbage Soup Island and at Low Carb Archipelago. Some ships are still sailing the ocean, while others have spotted a lighthouse to help guide them to goal. The stars shining the way to the lighthouse are our KOPS.

Navigating the Sometimes-Stormy Seas
KOPS members take their lifesaving support roles very seriously. Just as a lighthouse guides ships around the dangerous areas near shore, KOPS steer other members away from obstacles standing in the way of healthy living. In a calm sea of progress, they can help members stay away from sandbars and other dangers. When the seas are boiling and nothing is visible from the crow’s nest, they are bright beacons to help us return our ships back on course.

Let’s honor each of our KOPS now and listen to the lifesaving guidance that will light the way toward KOPS Cove.

(Repeat with each KOPS until all are recognized and have shared. Conclude recognition portion of the ceremony by honoring the chapter’s longest-standing KOPS or the new KOPS graduates.)

Closing the Ceremony
We are so grateful for our KOPS! Now that we’ve heard their inspiring wisdom, let’s each adjust our sails and continue moving purposefully to arrive safely in KOPS Cove.

(Ask the longest-standing KOPS to stand at the front of the room and turn on the lantern. All other KOPS will stand in separate areas of the room and turn on their flashlights. When everyone is still, turn off the lights so that all chapter members can see the “stars” that will lead them to the lighthouse.)

* A KOPS (Keep Off Pounds Sensibly) member is a TOPS member who has reached and maintained goal weight. To remain in leeway, KOPS must stay within a range of 3 pounds over goal and 7 pounds under goal.