

12th Step Within Day

12/12/10



December 12 is OA's International 12th Step Within Day. Its purpose is to encourage OA members, groups, and service bodies to reach out to those in the Fellowship who are still suffering from compulsive eating behaviors. The following are specific suggestions for the day, and every day, for our members, our groups and intergroup, to support our members.

Contact members you have stopped seeing at meetings

Offer to take someone who may be isolating to a meeting

Let struggling members know about retreats and workshops

Do not be afraid to ask someone how his or her food is

Ask a member in relapse to help you with service, where appropriate

Email or telephone someone daily, read the Voices of Recovery (Big Book, etc.) with them

Be careful to avoid judging or criticizing those you are trying to support/don't be disappointed or discouraged if the results you hope for do not materialize

Sponsor others through the Steps

Hold a workshop about recovery from relapse

We can all help carry the message of recovery through abstinence and working the Steps by (1) being well ourwelves;

(2) giving service, sponsorship and friendship;

(3) encouraging membership retention; and

(4) attending meetings and OA events.