



Ideas to help you Carry the Message of Recovery during Covid-19

Calls/text/e-mail messages to members who you haven't heard from in a while daily
(See the Ice Breaker's at the CJIOA website under 12th Step Within Committee for some great ideas)

Offer to become a 'Recovery Buddy' to someone and exchange daily food plans, gratitude's, Step 10's etc

Offer to teach other member how to use Zoom, Free Conference Call, Facetime etc.

Write an article for your Intergroup newsletter or Lifeline

Offer to give service on a phone or Zoom meeting. You can offer to lead a meeting, do a reading, help organize a Zoom or phone meeting, or simply show up

Share flyers of Virtual/Phone meetings and workshops with your group members, sponsor and/ or sponsee's

Offer to help someone get started or to be their sponsor

As Tradition 7 States 'We are self-supporting through our own contributions. These contributions enable us to carry the message to the still suffering.' Each time you attend a Zoom/phone meeting put your contribution in an envelope to put in the basket when the physical meetings reopen. Or for information on how to make a contribution to OA World Service go to oa.org/contribute

What do YOU do to help carry the message of recovery during quarantine?

What step, slogan, tool, or tradition are you using to help strengthen your recovery during this time?

We would love to hear from our members and share your ideas on our website

Please send your ideas or stories with the Subject: **Step 12** to: cjisecretary@gmail.com

~ Brought to you by the CJIOA 12th Step Within Committee ~