

Some Questions Answered For Twelfth-Step-Within Day

What is Twelfth-Step-Within Day? - December 12th of each year is officially Twelfth- Step-Within Day. Actually, the 12th of every month is a day to reach out to still-suffering OA members. But on “*twelve-twelve*” (December 12th), we double down on our efforts to reach the compulsive overeater who is struggling.

What is the Twelfth- Step-Within Committee? – It is an OA service body formed to carry OA’s message of recovery to those who still suffer “*within*” the fellowship, dealing with relapse, membership retention and offering the message of hope to maintain recovery and prevent relapse. (*Twelfth-Step-Within Handbook, 2018*) Our Twelfth-Step-Within Committee does not focus on attracting new members; it explicitly supports the ones we already have.

What can I do? - Twelfth-Step service can be broken down into two parts: First, one-on-one helping another individual (with or without being called a sponsor). I think this type of service assures that we ourselves hold on and grow. The second part of Twelfth-Step service is all the many things that need to be done to keep meetings and OA alive and well at the local, intergroup, regional and world service levels. We can do this by being abstinent ourselves, giving friendship, promoting membership retention by attending meetings and OA events, making phone calls, making 7th Tradition donations and reaching out to someone who may be struggling with zoom technology.

How can I help someone find their way out of relapse and back into recovery?
We can take a moment to think of them, take a minute to pray for them, take a few minutes to text or email them, take some time to make a phone call or video call.