

"12th Steping on the 12th"

The Big Book says

can't keep it if you do not give it away



The 12th Step within Committee of Region Eight is asking for help to carry the message of recovery to compulsive overeaters who are still suffering. The suggestion was made that all members on the 12th of each month do something that will share this message with others.



If every member would just do 12 things on the 12th of each month can you imagine how far this message would be carried?

What will YOU do on the 12th to carry the Message of Recovery?

Some suggestions:

1. Make calls to members who no longer attends meetings.
2. Invite another group and/or past members to a luncheon or dinner
3. Offer to babysit for someone to attend a meeting.
4. Mail "miss you" cards to absentee members.
5. Take phone numbers of newcomers from "we care" of past 12 weeks and give them a call.
6. Write an article for your newsletter and/or Lifeline sharing where you are in recovery and how it has changed you life.
7. Bring a meeting to a member who may be unable to attend a regular one.
8. Put some old Lifeline Magazines in
 - a. your doctor's office
 - b. a laundromat
 - c. hospital waiting room
 - d. library
9. Put up flyers, with tear off OA Hotline #, that asks "Is Food a Problem for you?"
10. Offer to drive someone to a meeting.
11. Plan a reunion of past and current members such as a "boxed lunch" social with a skit, speaker, panel, games, or just a chat fest.

