

Region 5 12th Step Within Sub-Committee Report

November 1, 2025

Present: Barbara D., Barb K., Allen B., CarolAnn M., Betsy D., Thomas M., Mary Ann P., Evelyn S., Liz Z., Juliette R.

- Agenda items to include:
 - Review October meeting notes -
 - Develop list of breakout discussion questions
 - Practicing Zoom breakout rooms
 - Developing script for announcements to be posted in the chat with times

Discussion:

- WSO needs a URL to post it on the website. Need to send the link from the R5 website to WSO.
- Note re: meeting notes – make sure it is clear that Barb K is the 3rd speaker.
- Breakout group questions:
 1. What fear and/or shame keeps someone from reaching out for help? How can we help each other with fear and shame?
 2. Do I believe that this is a devastating, chronic and ultimately fatal disease?
 3. Am I willing to believe in a Higher Power to give the comfort & security that food used to give me? How do I cultivate an effective relationship with such a Higher Power?
 4. Can I bring my will into line with my Higher Power's will?
 5. What specific actions can I take immediately or support a fellow in taking to fully commit to recovery?
 6. How does denial play a part in relapse?
- Practicing Zoom breakout rooms – Juliette, Allen and Liz will practice after meeting. Allen advocating for slightly larger breakout groups (maybe 10 people) because small groups can have low energy if no one wants to speak. Larger groups have more energy.
- Developing script for announcements to be posted in the chat with times – next time
- Promoting the workshop
 1. Ask Pam to send flyers to Region chairs – Ask them to send to their IG chairs.
- Skit – get a volunteer at the workshop or ask in advance? Need 3 people (slip and slider, steady recovery and waitress). If committee members know someone who would be good, email to Allen B. Allen will send them the info.

Next meeting: Nov. 10th 3:30 pm Eastern via Zoom – Barbara will send a reminder

PIPO Sub-Committee Report

Intergroup 2 Intergroup Sub-Committee Report