

GPIOA 12TH STEP WITHIN ACTIVITY for APRIL

Pick Up the Phone!

Call members in your home group who you haven't seen at a meeting for a while.



STEP & STEP ACTIVITY OF THE MONTH

4. Made a searching and fearless moral inventory of ourselves.

Journal or talk with your sponsor about the fact that your 4th Step is an ever-evolving list with many aspects that seem to be unrelated to food.

GOD, HELP ME TO SHOW OTHERS THE SAME TOLERANCE, PITY AND PATIENCE THAT I WOULD CHEERFULLY GRANT A SICK FRIEND. SHOW ME HOW TO BE HELPFUL TO OTHERS. SAVE ME FROM BEING ANGRY. REMOVE MY FEAR FROM ME AND DIRECT MY ATTENTION TO WHAT YOU WOULD HAVE ME BE. MOLD MY IDEALS AND HELP ME TO LIVE UP TO THEM. GUIDE ME, GOD, AND GIVE ME STRENGTH TO DO RIGHT. THY WILL BE DONE.

TRADITION OF THE MONTH

4. Each group should be autonomous except in matters affecting other groups or OA as a whole.

GPIOA 12TH STEP WITHIN ACTIVITY for MAY

Take a Break!

Do something outside the meeting with another person from OA—take a walk, sit in the park, meet for coffee, etc.



STEP & STEP ACTIVITY OF THE MONTH

5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Journal or talk with your sponsor about the benefits of the release that comes with letting go of your 5th Step.

GOD, I THANK YOU FROM THE BOTTOM OF MY HEART THAT I KNOW YOU BETTER. HELP ME BECOME AWARE OF ANYTHING I HAVE OMITTED WHEN TALKING WITH ANOTHER PERSON. HELP ME TO DO WHAT IS NECESSARY TO WALK AS A FREE PERSON AT LAST.

TRADITION OF THE MONTH

5. Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

GPIOA 12TH STEP WITHIN ACTIVITY for JUNE

Attitude of Gratitude

Express your gratitude to others in the rooms. Write a thank you note to one or more people in program who have said or done something you have found helpful. It could be a note of appreciation to the person just for being who he or she is!!



STEP & STEP ACTIVITY OF THE MONTH

6. Were entirely ready to have God remove all these defects of character.

Journal or talk with your sponsor about the fact that removal of character defects is not immediate, but rather a slow-moving process that comes in time.

GOD, HELP ME TO BECOME WILLING TO LET GO OF ALL THE THINGS TO WHICH I STILL CLING. HELP ME NOW TO BE READY TO LET YOU REMOVE ALL MY DEFECTS SO THAT YOUR WILL AND PURPOSE MAY TAKE THEIR PLACE.

TRADITION OF THE MONTH

6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.