

12TH STEP WITHIN for July

Finding the Willingness

- *Home groups: Please devote one meeting this month to talk about "Recovery from Relapse."*



STEP & STEP ACTIVITY OF THE MONTH

STEP 7. Humbly asked Him to remove our shortcomings.

- *Am I willing to seek God's will for me in all aspects of life?*
- *This month, we can practice opening up to God's will by letting go of some desire or want that we don't need.*

TRADITION OF THE MONTH

TRADITION 7. Every OA group ought to be fully self-supporting, declining outside contributions.

12TH STEP WITHIN for August

Share the Wealth!

- *Arrange with another OA to read daily or weekly from literature and talk about it.*
- *For example, do the daily readings from For Today or Voices of Recovery—or read from the Big Book.*



STEP & STEP ACTIVITY OF THE MONTH

STEP 8. Made a list of all persons we had harmed and became willing to make amends to them all.

- *Why am I more willing to forgive others than myself?*
- *This month, we can practice accepting our imperfections, kindly reminding ourselves that we are human—we can learn from mistakes and move forward.*

TRADITION OF THE MONTH

TRADITION 8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

12TH STEP WITHIN for September

Step Out!

- *Take someone with you and visit an OA meeting you have never attended before.*
- *Why not take a friend and go to GPI this month (September 9, 2-3:30 pm)? GPI meets at Hillman Cancer Center in Shadyside. Parking is free, and facility is completely accessible.*
- *BONUS: Now GPI meetings are followed by monthly 1-hour SPEAKER meetings. Come one, come all!!*



STEP & STEP ACTIVITY OF THE MONTH

STEP 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

- *Life is now, this minute, within us. It exists between our ears, shaped by our own attitudes and thoughts.*
- *This month, we can look within ourselves and cultivate positive self-talk that will foster positive actions.*

TRADITION OF THE MONTH

TRADITION 9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.