

12th Step Within October

Step of the Month

10. Continued to take personal inventory and when we were wrong, promptly admitted it.

Inventories are not only for individuals but for meetings also. This month conduct a group inventory. For instructions on how to do a group inventory go to: <https://www.oa.org/pdfs/oagroupinventory.pdf>

Activity of the Month

Make an extra effort to welcome everyone who attends your group this month. Have one or more members commit to come early to greet members and any newcomers as they arrive. Make a point to call newcomers after the meeting, too! You might enjoy this so much that having a "Greeter" will become one of your group's service traditions.



Tradition of the Month

10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Greater Pittsburgh Intergroup of OA

<http://www.gpioa.org>

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412 765-3004

12th Step Within November

Step of the Month

11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

This month focus on one person or situation that disturbs you. Spend a few minutes each day asking for your Higher Power's will and guidance for handling that person or situation. Ask for the willingness to follow the guidance you receive. Then FOLLOW IT!

Activity of the Month

Are you chafing about committing your food to a sponsor? Is it hard for you to pick up the phone and make outreach calls? Identify an area in program where you are having difficulty. This month, cultivate the willingness to focus on the problem area and ask for help. Write about it. Talk with your sponsor or an OA friend. Ask H.P. for willingness. Then let go, and let God!



Tradition of the Month

11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

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12th Step Within December

Step of the Month

12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Carrying the message is a service to individuals and to OA as a whole. Carry the message by leaving OA literature in waiting rooms (always get permission first!), by speaking to your healthcare professionals about what OA has done for you, or by posting Public Information Cards on bulletin boards. Visit the Public Information committee section on the GPI website for more suggestions on giving service and to print out GPI's Public Information cards.

<https://www.gpioa.org/service.htm#pi>

Activity of the Month

This is the time of year when we need program most! Don't let the busyness of the holidays become an excuse for missing meetings or slipping away from your food plan. Make a commitment to use three or more of our Tools daily, without fail and be sure to work all nine Tools sometime during the month. And what are the Nine Tools of Recovery?*



Tradition of the Month

12. Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

*Plan of Eating, Sponsorship, Literature, Meetings, Telephone, Service, Anonymity, Writing, Action Plan

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