

# **INTERNATIONAL TWELFTH STEP WITHIN DAY**

**December 12, 2023**

The purpose of the 12 Step Within day is to encourage OA members, groups, and service bodies to reach out to those in the Fellowship who are still suffering from compulsive eating behaviors.

## **Suggested Twelfth Step Activities**

- \*Have a special Relapse Topic for the meeting on or closest to December 12.
- \*Plan a reunion for past and present members.**
- \*Offer to babysit for someone attending a meeting.
- \*Invite another group or past members to a luncheon or dinner.**
- \*Call twelve newcomers.
- \*Send twelve “miss you” cards or texts to absentee members.**
- \*Call twelve members who no longer attend meetings.

## **Suggested Twelfth Step Within Topics**

- \*Working the Steps to Recover from Relapse**
- \*Relapse: Stepping-Stone or Stumbling Block?
- \*Dealing with Shame, Both In and Out of the Program**
- \*We Have To Do It Ourselves, But We Cannot Do It Alone
- \*Keep Coming Back**
- \*The Solution Is In The Steps
- \*Relapse: Time to Begin Anew**
- \*If You Slip, Get Up
- \*We Seek Spiritual Progress, Rather Than Spiritual Perfection**
- \*Recovery Is a Process, Not an Event
- \*This Too Shall Pass**
- \*Two Steps Back, Twelve Steps Forward
- \*Recovery in God’s Time, Not Mine**
- \*Positive Action Strengthens Recovery

Resources available at [OA.org](http://OA.org)

Twelfth-Step-Within Handbook, Revised 2020  
Recovery-from-Relapse Meeting Format

\*Contact your GPIOA Twelfth Step Within Chairperson for help or information at  
[12within@gpioa.org](mailto:12within@gpioa.org)