



12th Step Within - December 12

December 12 (12/12) each year is designated as OA's International Twelfth Step Within Day. The purpose is to encourage OA service bodies, meetings, and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors.

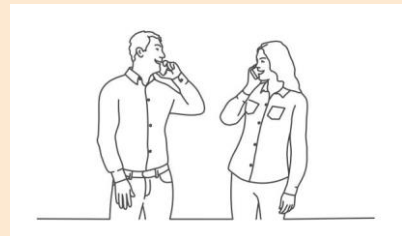
This year, the Piedmont Intergroup of Overeaters Anonymous are encouraging our members to reach out and contact 12 OA members that you haven't seen in your meeting for a while. (If you can't call 12, how many can you call?). If you can't call, maybe send a text?

In the past, when I was struggling and did not have the willingness to come to meetings, outreach calls to me were a sane reminder that there is a solution and that there is somewhere for me to come back to.

Not sure what to say? Try one of these suggestions:

"Hello, is this ____? It's ____ from the OA meeting. I've been thinking about you and I'm reaching out to stay in touch".

"Hi ____, this is _____. Is this a good time to chat? I'm just checking in to see how your day is going".



"Hi _____. It's _____. It's great to hear your voice today. I'm calling to wish you peace and serenity in recovery today".

[Please remember OA's Tradition of anonymity when making calls]

For more information about 12th Step Within day ideas, visit oa.org.