

From Twelfth-Step Within

Are You Willing to Work With Those Who Are Still Suffering?

When working with those who are still suffering, we must remember that relapse is not contagious. The following are suggested ways for individuals to support their members.

- Ask a member in relapse to help you with service, where appropriate.
- Offer to bring a member in relapse to a meeting, even if they have not stopped attending meetings.
- Offer to work together through “Been Slipping and Sliding? A Reading and Writing Tool” (See Appendix D in the Twelfth Step Within Handbook)
- Email or telephone someone daily.

“Twelfth Step Within Day”

The Derry Saturday meeting celebrated World Service’s fourth annual Twelfth Step Within Day on December 8th prior to the official December 12th 2012 date. The meeting used the day to reach out to those who still suffer in the fellowship, to think about what keeps our members “coming back”, and to provide an opportunity for members to strengthen their own recovery. Here are some of the comments on the theme “supporting members in relapse”:

A “Lifeline” Moment...

“When I open my eyes each morning, I ask my Higher Power to take my hand and be my partner for this day. Part of my prayer is, “Bring someone into my life whom I can love, encourage, and help,” for when I do that my problems seem small and the day is great. Then I thank God for my life and for the new day.

“I am so happy I have a Higher Power and a family in OA and that, thanks to their help and support, I have myself. With each passing day, each new experience, I am getting to know myself better. I feel that I, too, am more than a wonder; I am a continuing miracle with whom God and OA are not yet finished.”

Lifeline, August 1982

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- Many members say they will ‘come back to Program when life calms down.’ Experience has shown that life never calms down – there is always going to be ‘something’ going on to distract us from getting to meetings.
 - We can support members in relapse by: practicing acceptance, making phone calls to them, encouraging them to get to a meeting, emailing them, sending them text messages, and praying for them.