

Fifth Annual Twelfth Step Within Day

“December 12 is OA’s International Twelfth-Step Within Day. Its purpose 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.”

Twelfth Step Within Handbook page 7

Some suggestions for the day might include the following-

- Have a special Twelfth Step Within Meeting
- Call 12 newcomers.
- Send 12 miss you cards to absentee members.
- Call 12 members who no longer attend meetings.
- Offer to drive someone to a meeting.