



## From Twelfth-Step Within

### *How Can You Strengthen Your Own Recovery?*

Working with others will strengthen and reinforce our own recovery. The following are suggested ways for individuals to support their members.

- Have daily contact with another OA member to read and discuss *Voices of Recovery* or *For Today*.
- Keep an open mind about those who choose additional, outside support or help.
- Do not have expectations about newcomers or those in relapse.



### Dear Promises...

The snow is white, pretty, calming.  
HP is saying all is OK.  
I shovel in increments; I ice my arthritis,  
and sometimes apply heat to my arthritis.  
All is a reminder to keep life in balance;  
boundaries in all areas of my life one day  
at a time.

Willingness to love myself one day at a  
time so I can be present for those HP puts  
in my path during these twenty four  
hours.

Your friend in recovery  
NH

## “Twelfth Step Within Day”

The Derry Saturday meeting celebrated World Service’s fourth annual Twelfth Step Within Day on December 8<sup>th</sup> prior to the official December 12<sup>th</sup> 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 “expectations in the fellowship”:

- Beware of placing members on ‘pedestals’ – the only place for them to go is down.
- Realize that members in the Fellowship are imperfect: *OA Step Two*, page 14: “However, OAs are human. Sometimes, when our groups or sponsors failed us in some way, we felt cut off from the support which had come to mean so much to us and our new sanity seemed threatened. We now needed a more reliable way of relating to a Higher Power.”
- *OA Step 10*, page 98 “Our Higher power is the only source of help that is always available to us...”
- *Voices of Recovery*, page 181: “People have disappointed you, hurt you, and let you down by being imperfect. Can you let go of the idea of perfection and accept reality, loving people just the way they are?”
- Remember ‘the higher my expectations are of others – the lower my serenity’ (*Big Book*, page 420).
- ‘Expectations are resentments waiting to happen.’