

Twelfth-Step-Within Activity for March 2023



Is it “*Time for Twelfth-Step-Within?*”

We wanted to share these suggestions from a *Lifeline Magazine* article on how to practice the Twelfth-Step Within our Meetings. We hope members will consider, discuss, or write about some of the simple actions mentioned.

Feel free to contact our Committee Chair, Nanette C. at nancolby13@gmail.com or by calling her at 603.545.7081.

Time for Twelfth-Step-Within - excerpts from *Lifeline Magazine* - November 2018

“So, how can you help someone find their way out of relapse and back into recovery? What can you do to help a member who still suffers?”

Please consider your fellow OA friends who may be struggling.

- Take a moment to think of them.
- Take a minute to pray for them.
- Take a few minutes to text or email them.
- Take some time to make a phone call.
- Take more time to visit or meet with them.

This is a “we” Fellowship! Whenever we reach out to help someone else, from the smallest aid to the grandest of gestures, it strengthens our own recovery as well. One of my favorite phrases is “together we get better.” And when we reach out, the person we may be helping the most is ourselves!”

To read the full article, click or copy this link: <http://www.oalifeline.org/relapse/time-twelfth-step-within/>