

# Twelfth Step Within Format for Information Gathering: “Ideas that Work”

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## KEEP IT SIMPLE: IDEAS FOR TWELFTH STEP WITHIN DAY

**Type of Project:** Twelfth Step Within Day

**Project Name:** Keep It Simple: Ideas for Twelfth Step Within Day

**Project Goal:** Encourage groups and intergroups to plan a simple activity or event for Twelfth Step Within Day (December 12<sup>th</sup>)

**Resources Needed (budget, volunteers, materials, etc.):** Ideas listed are meant to be easy and inexpensive. Materials include handouts that are available for download from the [Document Library](#) on oa.org.

**Implementation Process (including length of time for planning and implementation):** These simple ideas can be implemented in less than three months.

**Results:** Strengthening of each other's program

### KEEP IT SIMPLE *Ideas for Twelfth Step Within Day*

Twelfth Step Within Day is an annual event established by the World Service Business Conference of Overeaters Anonymous. Groups and service bodies around the world are encouraged to plan events to support the still-suffering compulsive eater **within** our Fellowship. If your group would like to get started with something simple, here are ideas to make it happen:

1. Agree to make outreach calls on December 12<sup>th</sup> (twelve calls at noon, for example).
2. Intergroups can brainstorm ideas on how to offer support to struggling members in December at a business meeting, then publish that list of ideas.
3. Meetings or intergroups can make copies of the [Recovery Insurance Policy](#), available in the Document Library on oa.org. On December 12<sup>th</sup>, encourage members to reach out to each other and make pacts to give each other extra support.
4. Encourage members to use December 12<sup>th</sup> as a day of reflection on the strength of their own recovery. They can write down twelve actions that will support either their own recovery or the recovery of other members. Encourage them to share their list with another member.

5. Intergroups can make copies of *Been Slipping and Sliding? A Reading and Writing Tool* and distribute them in December. These copies are intended for those who are struggling or want to strengthen their recovery.
6. During December, offer to drive someone to a meeting who hasn't been able to attend.
7. In December, write an article for your service body's newsletter or our Lifeline blog. What support and encouragement can you offer to a member who is struggling in program?
8. Offer to babysit for a member in December so that they can attend a meeting.
9. Call twelve members who no longer attend meetings.
10. Plan a reunion with past and present members during December, before the "eating season."
11. Conduct in-home meetings in December for shut-ins.
12. Call a sponsee who is struggling with the physical, emotional, and/or spiritual part(s) of recovery on December 12<sup>th</sup>. Offer honesty and support.