



Help Suncoast IG celebrate Twelfth Step Within Day

Suncoast Intergroup is encouraging each group to celebrate **Twelfth Step Within Day** (12/12) during your regularly scheduled meeting 12/7-12/13.

Please consider having a special focus meeting that week concentrating on Twelfth Step Within content.

What is Twelfth Step Within? It is a concept which embodies reaching out to assist OA members who are still suffering with compulsive eating, who have not been able to achieve or maintain abstinence, who struggle with relapse, or who are having difficulties with the program.

Here are **TWELVE** suggestions for ways to celebrate TSW Day in your group or individually:

1. Read the WSO pamphlet entitled "Welcome Back: Suggestions for Members in Relapse & Those Who Care."
2. Purchase some Welcome Back, We Care packets for your group to distribute to members of your group who are returning or struggling with relapse.
3. Watch this video presentation entitled "Breaking Out of Relapse".
4. Have a writing meeting using "Been Slipping & Sliding? A Reading and Writing Tool" or "From Slip to Recovery".
5. Encourage each group member to call someone they've not seen in a while and offer to pick them up and bring them to the meeting
6. Collect an extra 7th tradition and make a special end of year donation to your friendly neighborhood Intergroup so we can continue to support our groups and spread the message to the compulsive eater who still suffers.
7. Give a mini-workshop on the twelfth step within resources available on the region 8 website (red recovery help button at top of page). These include a night-owl call list, relapse mentor list and sponsor list.
8. Nominate a member of your meeting as the newcomer greeter and have them make follow up phone calls to newcomers and returning members.
9. Promote attendance at the Suncoast TSW Zoom meeting on 12/12/2020 at 6pm EST [Zoom meeting link](#) Meeting Room ID: 435 981 1321, Password: Serenity2. No password required for telephone dial-in
10. Another writing meeting idea – the Strong Abstinence Checklist.
11. Have a post-meeting fellowship event using the TSW Simplicity Project.
12. Remember we are a program of attraction, not promotion. Have faith in your Higher Power. Work your own program, be abstinent and be the change you wish to see!!!!