



## Overeaters Anonymous - Region 6

New York, Connecticut, Massachusetts, Rhode Island, New Hampshire, Maine, Vermont, Central & Eastern Ontario, Quebec, Newfoundland & Labrador, New Brunswick, Nova Scotia, Prince Edward Island, and Bermuda

### Memorandum:

**Re: Twelfth Step Within Day – 12/12/2013 and every 12<sup>th</sup> Day of Each Month**  
**From: The Region Six 12<sup>th</sup> Step Within Committee**  
**To: The R6 Member Intergroups**

**The Region Six 12<sup>th</sup> Step Within Committee invites your intergroup to engage in important 12<sup>th</sup> Step Within action. Mobilize as many OA members as possible within your meetings to telephone those still-suffering OA members on the 12<sup>th</sup> day of each month**

*Our primary purpose is to abstain from compulsive eating and carry the message of recovery through the Twelve Steps of OA to those who still suffer.*

Twelfth Step work isn't only about introducing the OA program of recovery to those compulsive eaters who have never heard of OA. Among us, we have still-suffering compulsive eaters who are already in the rooms. Members in relapse suffer greatly and are in need of a caring connection and our support. As the saying goes, *Relapse isn't contagious, but recovery is.*

There are also those members who may have taken a break from program and recovery who may just need a phone call from a familiar voice saying, *"We've been missing you at meetings"* in order to feel welcomed back into the fellowship.

**Please distribute the attached flyer to all meetings in your intergroup and encourage members to make telephone calls on the 12<sup>th</sup> day of each month.**

The Region Six 12<sup>th</sup> Step Within Committee welcomes your feedback, comments, and suggestions. In March 2014, the Region Six 12<sup>th</sup> Step Within Committee will send your intergroup a short survey so that we have the data available at the R6 Assembly Spring 2014 on Saturday, April 5. We can then utilize this information in order to understand what has worked in this initiative and how we might improve our future efforts.

**For more ideas, please browse the resources at the OA World Service Website:**

[Click Here for More Ideas on How to Reach Out to the Still-Suffering OA Member](#)

Consider purchasing **12<sup>th</sup> Step Within Handbook** for your meeting or service body:

[Click Here to Purchase 12th Step Within Handbook or go to Bookstore.OA.org](#)

***Together we can do what we could never do alone.***