



12TH STEP WITHING COMMITTEE MEMBER – reach out on the 12th of each month!

Our 12th Step in Overeaters Anonymous tells us to “carry the message to compulsive overeaters...” The primary purpose of the Twelfth Step Within, therefore, is to carry that same message to those who still suffer within the OA fellowship. Thus, the Twelfth Step Within Committee deals largely with relapse and issues of membership retention – the message, of course, is hope. On the 12th of each month, we encourage EVERYONE to make outreach calls to members you have not seen or spoken with in a while. We get better TOGETHER!

- To learn more about the 12th Step Within, check out the following [TSW Ideas PDF](#) or for meetings focused on relapse and recovery, please [click here](#).

WHAT AND WHEN IS TWELFTH STEP WITHIN DAY?

December 12 (12/12) each year is designated as OA’s International Twelfth Step Within Day. The purpose is to encourage OA service bodies, meetings, and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors.