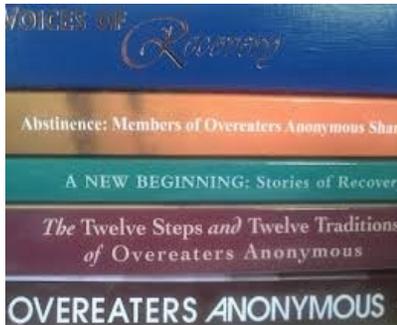


What Can Your Intergroup Do?



- ▶ Encourage your meetings to order Lifeline magazine
- Provide literature that addresses TSW concerns
- Start a Recovery from Relapse Meeting
- Organize monthly workshops on the Steps, Traditions, or Tools
- Plan a Twelfth Step Within marathon for December 12
- Sponsor others personally or through email
- Encourage members to take on service positions—that keeps them coming back
- Remind members that the Region 8 TSW committee can help link them with sponsors or mentors
- Check the Overeaters Anonymous website for TSW “Ideas That Work”

Anyone who is abstinent and working his or her own recovery can do twelfth step within service. No special qualifications are necessary; only willingness is needed. We can all help carry the message of recovery through abstinence and working the Steps by (1) being well ourselves; (2) giving service, sponsorship and friendship; (3) encouraging membership retention; and (4) attending meetings and OA events

If you need help or encouragement to reach out to members in relapse, please contact the Region 8 TSW Committee at TSWChair@oaregion8.org

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For more information
please contact:
oaregion8.org
TSWChair@oaregion8.org

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Twelfth Step Within

...and together we can do what we could never do alone...



Southeast Overeaters Anonymous Region 8

Our Mission...

Having had a spiritual awakening as the result of working



the 12 Steps of Overeaters Anonymous, we seek to provide guidance and support for abstinence to those who still suffer by communicating our experience, strength, and hope using the tools and techniques described in the 12 Steps and 12 Traditions.

Our hope is to increase the recovery rates within our fellowship by providing services that support abstinence.

The TSW Committee Offers:

- Online Sponsors
- Recovery from Relapse Mentors
- Abstinent Speakers
- Sponsorship Workshops

Visit oaregion8.org to find out more about how to request or become a sponsor, mentor, or speaker!



Are You in Relapse? Are You Working with Struggling OA Members?

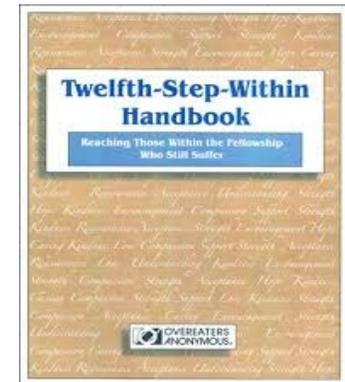
Look for the following resources available from oa.org:

Books:

- Abstinence, 2nd Edition
- A New Beginning

Pamphlets:

- Members in Relapse
- Recovery Checklist
- Sponsoring Through The Twelve Steps
- Twelfth Step Within Handbook
- Welcome Back



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