

12-12-← ??What is



The 12th Day of the
12th month

in Overeaters Anonymous??

“International Twelfth Step Within A Day”

The 12th Step encourages us to carry the OA message to those in our fellowship who struggle with any type of food problems.



It's celebrated around the world!!

This can be done several ways:

***Upcoming Event! Twelfth Step Within Worldwide Marathon**

This marathon will offer a powerful dose of experience, strength, and hope, plus insights and tools to find recovery.

All are welcome to join this day of unity and healing.

To join this event, visit oa.org/events/twelfth-step-within-worldwide-marathon.

Highlights:

- **Worldwide Access:** Virtual sessions available across all time zones.
- **Inclusive Recovery:** Programs tailored to support OA members at all stages.
- **Free Participation:** Contributions to OA's Seventh Tradition are welcome.

[View the full event schedule.](#)

***Call someone who hasn't attended your meeting lately**

***Share your thoughts at a meeting**

***Write your story and submit it to Lifeline at oa.org**

***Plan a workshop - on oa.org, search “Twelfth Step Within A Day Workshop” for ideas**

***Reach out to others by phone, text or email to let them know you are thinking about them**

***Use December 12th as a day of reflection on the strength of your recovery. Then write 12 actions you can do that would help your recovery.**



This message is from the Region 3 Twelfth-Step-Within Committee (TSW) reaching out to those who still suffer and address relapse recovery.

Keep Coming Back, It Works When You Work It, And YOU are worth it!!!