

# Twelve Step Within: Fun and Fellowship

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## Purpose:

Use this resource to celebrate and enrich recovery, increase member retention, and encourage fun and fellowship to maintain recovery, prevent relapse, and live happy, joyous, and free lives!

We are not saying fun and fellowship equals recovery. Many recovered OA members become and remain abstinent through working the Steps from *Alcoholics Anonymous, Fourth Edition* (Big Book). Working the Steps brings us a spiritual experience, which allows us to live happy, joyous, and free lives. The Fellowship keeps us in the rooms and connects us with each other as we allow the Steps to transform us. Yet, many of us have lost the ability to have fun while in our disease.

The Twelve Step Within Fun and Fellowship Subcommittee surveyed OA members from all over the world to discover the barriers to fun and fellowship and the solutions to overcome them.

## Survey results:

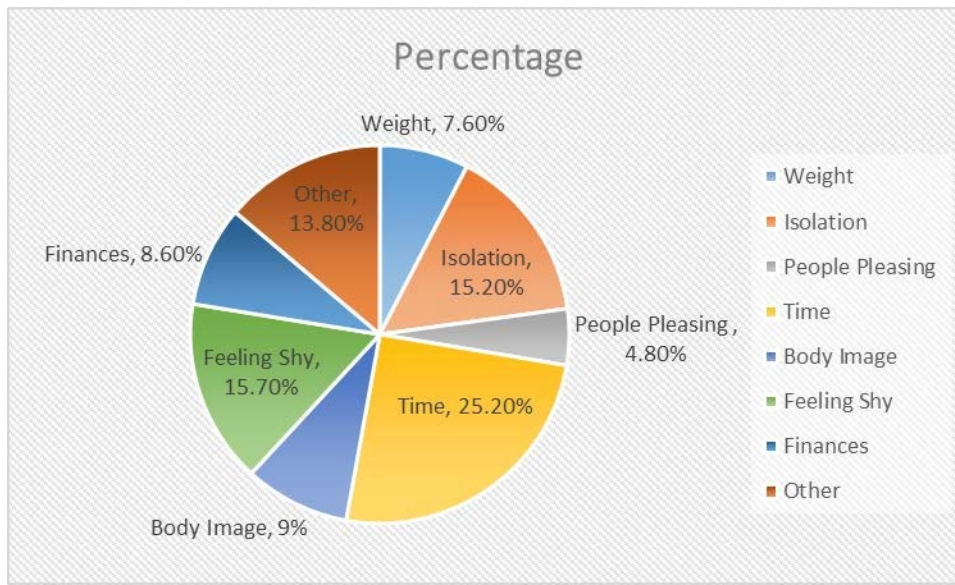
### **1. What are your barriers to fun and fellowship in recovery?**

- Time 53%
- Feeling shy 33%
- Isolation 32%
- Body image 19%
- Finances 18%
- Weight 16%
- People pleasing 10%
- Other 29%

Note: People were able to respond to more than one category; percentages add up to more than 100.

### **Other responses included:**

- Caretaker of family member
- Other OA members busy
- Lack of participation or interest from other OA members
- Poor health
- Fear of people
- Living in remote area



## 2. What has been helpful in overcoming these barriers?

Working the Steps 63%

Outside professional help 19%

Using the Tools 49%

Higher Power/Spiritual Experience 65%

Other 25%

Note: People were able to respond to more than category percentages add up to more than 100.

### Other responses included:

Group meetings

Others offering an invitation

Service work

Going out to meals as a group after meetings

Sponsor

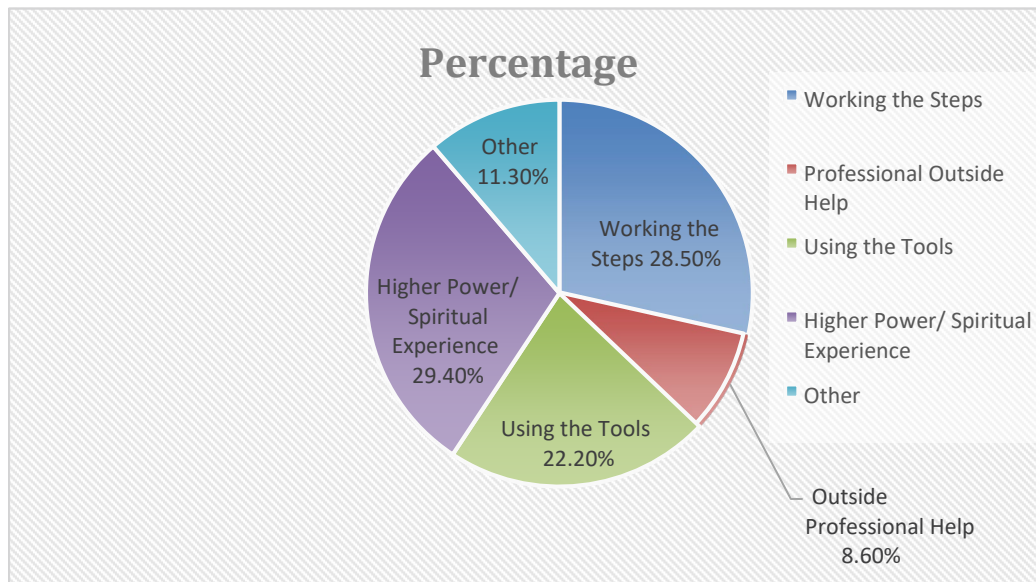
Fellowship

Positive sharing

Upbeat workshops

Working the Steps as written in the Big Book

Unconditional acceptance



### What the Big Book says about fun and fellowship:

To read what the Big Book says about fun and fellowship, see *Alcoholics Anonymous, Fourth Edition*, pages 132–133, starting with “But we aren’t a glum lot.”

### Suggestions for including fun and fellowship in your OA journey:

#### **Alone:**

- Mindful walking or hiking in nature
- Attending dancing, writing, or art classes
- Learning a craft, such as crocheting, knitting, or painting
- Playing with a pet
- Coloring
- Enjoying a bubble bath
- Biking, swimming, or trying yoga or gym classes
- Volunteering

#### **Fellowship ideas:**

- OA workshops
- Inviting others for a game night
- Movie with OA members
- Bowling
- Abstinent picnic
- Roller skating
- Karaoke
- Comedy club outing
- Clothing or jewelry exchange

#### **Member retention:**

- Outreach calls
- Visiting members in hospitals/bringing a meeting to someone
- Including and mentoring new OA members in service

**Are you willing to commit to doing something fun with another fellow OA member this month?**

OA Board-approved

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