

TSW FORMAT
for
INFORMATION GATHERING
"Ideas That Work"

Type of Project: Twelfth-Step-Within Day

Project Name: Worldwide Twelfth-Step-Within Day, Reaching Out to Those Within the Fellowship Who Still Suffer

Project Goal: To raise awareness of the concept of 12th Step Within and offer support within our local area to those needing help

Organizing Service Body: Sacramento Valley Intergroup, Region 2

Contact Information: Ruth M. ruthijoy@surewest.net
www.sacvalleyoa.org

Resources Needed (budget, volunteers, materials, etc.): Committee members create and make copies of the flyers, and post on IG website (see attachments). Need a copy for each attendee to be downloaded from WSO website: www.oa.org...click on Members/Groups...click on 12th Step Within, "Been Slipping and Sliding-A Reading and Writing Tool", "Recovery Insurance Policy". Room Rental-check with Intergroup which covers the cost.

Implementation Process: Followed an Event Checklist for several months to plan the event, got the location and speakers, scheduled volunteers, etc.(see attachment).

Additional Comments: Sending a flyer to all meetings requesting a representative to help with the planning created a larger planning group than usual. Planning meetings were held on Saturday mornings after a large centrally located regular OA meeting.

Results: Renewal + Rejuvenation + Recommitment.

Twelfth-Step-Within Day Event Checklist

- ✓ **Select a person to lead a planning committee through this 3-4 month process**
 - **Determine planning meeting days & times**

- ✓ **Determine how to address the topic**

- ✓ **Select a date and time**

- ✓ **Determine location and assign someone to make contact**
 - **A regular OA meeting can serve as host and planning committee**
 - **Check on fees and room set up for the event**

- ✓ **Contact Intergroup Literature Chair to bring literature to sell at the event**

- ✓ **Contact Intergroup Media Chair to assure the event will be recorded and uploaded to intergroup website**

- ✓ **Create a flyer with assistance of Intergroup Events Coordinator as needed**
 - **The flyer should be at Intergroup 2 months before the event**
 - **Ask webmaster to post the flyer on the web**
 - **Intergroup Vice-Chair mails information to outlying groups and IG**

- ✓ **Decide upon a format**
 - **Readings**
 - **Number of speakers - Identify a person to contact them**
 - **Ask it Basket**
 - **Panel Discussion**
 - **Individual Shares**
 - **Time Schedule**
 - **Clothing Exchange**

- ✓ **Ask Volunteers for Help**
 - **Leader for the Day**
 - **Readers**
 - **Person to run download material from WSO website and reproduce**

as handouts for the attendees

- **Registration Table/Greeters (2)**
Intergroup provides name tags, stickers, markers
- **Refreshments (Intergroup Events chair will provide coffee, pots and condiments. Your group may decide to offer additional items.)**
- **Make directional signs**
- **Set Up (4+) and Clean Up (4+)**

PLEASE HELP US

**The Twelfth Step Within Committee
Of the Sacramento Valley Intergroup of OA**

**is inviting a representative[s] from each group
to join the Committee
and to help in planning the
December 12, 2010 Day in OA***

The Twelfth-Step-Within is a way
of reaching those within the Fellowship Who Still Suffer.
The December Day in OA will be a time of Renewal and Recommitment
before the Holidays

**If you would like to join us, please contact Ruth at 916.452.2144 or
come to our next Committee meeting on Saturday, October at
10:20 a.m. at Sutter Cancer Center, 28th and L Street, [2801 L
Street], Classroom 1, First Floor**

"Service is Slimming"

***only 2 or 3 meetings total from October - December plus service on December 12**

Thank you!!!

OVEREATERS ANONYMOUS

Worldwide Twelfth Step Within Day

Reaching Out to Those Within the Fellowship Who Still Suffer

DAY IN OA

SUNDAY, DECEMBER 12, 2010

1:00 – 4:00 P.M.

SUTTER CANCER CENTER, 2800 “L” STREET

(CORNER OF 28TH & “L” STREET), CLASSROOM #1,

FIRST FLOOR, SACRAMENTO

FREE STREET PARKING ON SUNDAYS

Awesome Speakers

Individual Sharing

Ask It Basket

Writing Exercise

Please bring pen and paper

Sponsored by the Sacramento Valley Intergroup

Suggested Donation - \$5

Themes

Recovery in God's Time,

Not Mine

Relapse: time to begin anew

Recovery is a Process,

Not an Event

Keep Coming Back

If you slip, get up