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.aa.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
  o Determine planning meeting days & times

✓ Determine how to address the topic

✓ Select a date and time

✓ Determine location and assign someone to make contact
  o A regular OA meeting can serve as host and planning committee
  o 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
  o The flyer should be at Intergroup 2 months before the event
  o Ask webmaster to post the flyer on the web
  o Intergroup Vice-Chair mails information to outlying groups and IG

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

✓ Ask Volunteers for Help
  o Leader for the Day
  o Readers
  o 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