

**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 12<sup>th</sup> 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](mailto:ruthijoy@surewest.net)  
[www.sacvalleyoa.org](http://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](http://www.oa.org)...click on Members/Groups...click on 12<sup>th</sup> 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, 28<sup>th</sup> 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