

12th Step Within is not a One Day event!

Tradition 5: Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

Group Challenge: Use the tools to reach out to people within and without the fellowship!

Action Plans for Carrying the Message:

1. Make a pact with another member to support each other in remaining abstinent.
2. Have a day of reflection on the strength of your own recovery.
 - Write down 12 actions to support your own or others' recovery and/or
 - Write a newsletter article to support and encourage others.Share it with another member.
3. Sign up ahead of time and fill a service role at a meeting or meetings.
4. Contact or meet with one member who seems to be slipping away on the 12th of **every month**.

Respectfully submitted 12/10/2022 for the Twelfth Step Within committee