

DEAR FELLOW OA MEMBERS,

"Our page (COMMITTEE) seeks to provide tools to encourage existing OA members to become or remain abstinent, to work the Twelve Steps and to amplify the quantity and quality of recovery in our Fellowship. The Twelfth Step Within Committee does not focus on attracting new members; it explicitly supports the ones we already have. Anyone who is abstinent and working his or her own recovery can do this service. No special qualifications are necessary; only willingness is needed. We can all help carry the message of recovery through abstinence and working the Steps by

- (1) being well ourselves;
- (2) giving service, sponsorship and friendship;
- (3) encouraging membership retention; and
- (4) attending meetings and OA events.

How can you find your way out of relapse and back into recovery? What can we do to help the member who still suffers?"

THIS IS A "WE" FELLOWSHIP. WHEN WE REACH OUT TO HELP SOMEONE ELSE IN EVEN THE SMALLEST TO GRANDEST OF GESTURES, WE HELP OURSELVES AS WELL! SO, PLEASE

-- TAKE A MOMENT TO THINK OF YOUR FELLOW OA FRIENDS WHO MAY BE SUFFERING

-- TAKE A MINUTE TO TEXT THEM

-- TAKE A FEW MINUTES TO EMAIL THEM

-- TAKE SOME TIME TO MAKE A PHONE CALL

-- TAKE MORE TIME TO VISIT OR MEET WITH THEM

-- TAKE THE TIME AND EFFORT TO OFFER THEM A RIDE TO YOUR MEETING

INDULGE ME AS I REPEAT (AD NAUSEUM, AD FINITUM) "TOGETHER WE GET BETTER!" AND WHEN WE REACH OUT, THE PERSON WE MAY BE HELPING THE MOST IS OURSELVES...

HAVE A HAPPY, ABSTINENT HOLIDAY SEASON AND MAY THE BLESSINGS OF THE PROGRAM BE YOURS IN ABUNDANCE FOR THE NEW YEAR FROM THE TSW COMMITTEE!

YOURS IN SERVICE, CHRIS J