



paul chudnow <paul1212oa@gmail.com>

Twelfth Step Within on the 12th

nmccormick@nc.rr.com <nmccormick@nc.rr.com>

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Reply-To: nmccormick@nc.rr.com

To: "ALLSOAR8 (Everyone)" <allsoar8@oaregion8.org>

Today is the 12th day of the 5th month, and I have already heard one Step 5 this month. I am reminded time and time again why this sharing of resentments, fears, and harms done to others is so important. Regarding Step 5, the AA Big Book says "we usually find a solitary self-appraisal insufficient" and "if we skip this vital step, we may not overcome drinking". I am only as sick as my secrets.

Do I have a 4th Step inventory that I need to surrender? Do I trust my Higher Power to guide me to someone to whom I can release the burden of my shortcomings?

I also look forward to studying Tradition 5 this month. "Each group has but one primary purpose--to carry its message to the compulsive overeater who still suffers". By continuing to study this tradition, I help to keep my regular meetings safe, welcoming, healthy places in which to experience the hope of OA recovery.

Are you aware that we have a Recovery from Relapse mentor program available through the Region 8 website? We can provide you with someone who is familiar with relapse. They are willing to share their experience, strength, and hope. To access the Recovery from Relapse mentor program:

- 1) Go to www.oaregion8.org.
- 2) Select the "Committees" menu, and then "Twelfth Step Within"
- 3) Select "Online Relapse Mentor Request"
- 4) Complete and submit the online form.

Are you aware that we have a online speakers list available through the Region 8 website? We have a list of speakers who are available to share their experience, strength and hope in person or via Skype with your meeting. To access the online speakers list to acquire a speaker or to volunteer to be a speaker:

- 1) Go to www.oaregion8.org.
- 2) Select the "Committees" menu, and then "Twelfth Step Within"
- 3) Select "OA Speaker Request"
- 4) Complete and submit the online form.

Yours in service,
Neill M., Twelfth Step Within Committee

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