

**APPENDIX H  
REGION 9**

**12 Step Within Subcommittee      2009**

Paola  
Susan  
Tamsin  
Shanti  
Melanie

Short Term Goal

Promote the upcoming 12 Step Within Day on 12<sup>th</sup> December by encouraging people to make 12 calls on the day to reach out to fellows in recovery.

Plan: Each person on the committee contacts people who were at the region 9 Assembly and encourages them to promote 12 Step Within Day – Make 12 calls on the day.

Paola – Italy, Spain, Egypt  
Susan – Poland, Israel, Norway  
Tamsin – Netherlands, Joanna (UK), Finland  
Shanti - Sweden, Iceland, Germany  
Melanie – UK, France, Belgium

Long Term Goals

1. Encourage Intergroups to set up a Speaker List and Sponsor List
2. Circulate 'Ideas that work' with an emphasis on HUMOUR! Following on from Susan's work at WS level in 12 Step within committee. If new website is up and running in Jan 2010 we could put Susan's OA Humour Workshop online, and email to Region 9 delegates. (Susan to confirm if this is appropriate to launch on R9 website ahead of WSO website)
3. Prepare telephone flyer to promote next year's 12 step within day
4. Research how other countries celebrate International Day of Experiencing Abstinence (IDEA), and Unity Day.

Other Ideas Collected

- Translate some key things around the topic of humour eg, ' 12 Steps to a Slip'
- Collect things that promote recovery to upload to the region 9 website