Members: Mette, Lara, Jakki, Hana, Vassiliki, Giovanna

Suggested topics:

Sponsorship workshop

Abstinent sponsors- requirement

Steps and traditions meeting

Working steps (officers, service)

1. Abstinent sponsors
   Definition of abstinence- process (how to get abstinence), Action plan, Plan of eating

2. Sponsorship workshop
   Develop a workshop for every country (abstinence, definition, how to maintain it, what is going wrong if you are obese in abstinence), keep the sponsorship list alive

   12 step within handbook-
   Steps- people don’t work steps, oldtimers

3. How to make sick meeting healthy
   Increase number of abstinence members in our group

Agreed agenda:
Abstinence, workshop sponsorship- check what is already done – Region 9, oa.org
AIM of the workshop:
Let’s double abstinent members!
Let’s double members who work all twelve steps!

New definition of Abstinence, Action plan, Plan of eating

Contact not present groups
31.1. 2012- deadline for mutual contact