

## 12<sup>th</sup> Step Within Committee

**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