

## Region 9 Statement of Purpose

Our primary purpose is to carry the OA message to the still suffering compulsive overeater, wherever they may live and whatever language they may speak.

In fulfilling our purpose we should ever strive to achieve worldwide unity and common policies among all countries with love and tolerance as our code. Together we can do what we could never do alone.

A sub - committee of the R9 Twelve Step Within Committee shares this simple and loving practice with you.

## Twelfth Step Within Statement of Purpose

- To carry the same message of recovery to those who still suffer WITHIN the OA Fellowship.
- To deal with relapse and issues of membership retention offering the message of hope.
- To encourage OA members to maintain recovery and prevent relapse.

Anyone who is abstinent and working his or her own recovery can do Twelfth Step Within 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

- being well ourselves;
- giving service, sponsorship, and friendship;
- encouraging membership retention;
- attending meetings and OA events.

I get to feel my gratitude.

*I can acknowledge my gifts.*

*I form my day with a little more clarity.*

*A small window into how other OA members work their program on a daily basis.*

*Part of my morning quiet time with God.*



## MY OA RECOVERY Friends

*Lift my spirits with gratitude.*

*Rediscover and affirm my gifts*

*Recover with intention.*

### How it works: -

Ask some OA members to team up with you to help support each other in your recovery.

Each morning prepare a message on your phone with your

### **Three Gratuities, Three Affirmations and Three Intentions**

Share that message (via text or a suitable messaging app) with your OA support friends (Step 5, 10, 11 & 12). These members may also share their own “3 X 3” message with you.

A different time of day or dividing these things over the day may suit you better.

**This is not intended as a substitute for step work with your sponsor. It is a small daily discipline that some members have found useful.**

**Part of my program framework for a happy, abstinent, sane, and useful life.**

### Gratuities, Affirmations + Intentions might include: -

#### Today I am grateful for

- My 12 Step program
- Anonymity
- My morning walk in the park
- The mountains around me
- The golden leaves of autumn
- My choice of attitude and inventory to work on it.
- My abstinence

#### Today I Affirm

- I am a valued member of the world in which I live.
- I am as honest as I am aware and can be.
- I am in recovery.
- I walk with the gifts given to me by my HP.
- I have a loving relationship with my HP.
- I am inclusive.
- I trust in my HP to guide me.

#### My intentions today are (suggest one is self - care)

- Follow my food plan.
- Apply myself to my chores with grace.
- Work diligently.
- Attend my OA Intergroup meeting.
- Do some step work.
- Get hair done.
- Start a new novel.

Gratitude gives me hope – Steps 2, 3 & 11.

Intention helps me take responsibility –  
Step 6, 7, 8 + 12.

Affirmations show me how to acknowledge and see progress in me and others –  
Step 4, 6, 7 & 9.

Considering, preparing and sharing this daily message is a focused Step 4, 5, 10, 11 & 12

### An example of a daily message to share with your OA friends in recovery: -

#### Today I am grateful for

- My sense of peacefulness.
- Podcasts this morning.
- My recovery.

#### Today I Affirm

- I am committed to my own recovery actions.
- I will be kind and loving.
- I am a good employee.

#### My intentions today are (one self - care)

- Be abstinent.
- Attend & enjoy the dance class.
- Attend my OA meeting.