

## Twelfth Step Ideas for the Group

- 👣 Call 12 members who no longer attend meetings
- 👣 Call 12 newcomers.
- 👣 Offer to babysit for someone attending a meeting.
- 👣 Send 12 "miss you" cards to absentee members.
- 👣 Invite another group or past members to a luncheon or dinner.
- 👣 Write an article for your newsletter or Lifeline.
- 👣 Conduct in-home meetings for shut-ins.
- 👣 Leave Lifeline in places where compulsive eater may find it, such as hospital waiting rooms, doctors' offices and Laundromats.
- 👣 Circulate flyers, such as "Is Food a problem For You?" with a tear-off hotline telephone number.
- 👣 Offer to drive someone to a meeting.
- 👣 Plan a reunion for past and present members. Organize a boxed luncheon social, marathon with skit, speaker presentation, Ask-It panel, game or other activity.
- 👣 What will you do on Twelfth-Step-Within Day? December 12<sup>th</sup>?