

12 STEP WITHIN: WORKING OUR PROGRAM AND ASSISTING OTHERS IN THE AGE OF COVID-19

Hello everyone, and

Proscribed from gathering for one or more reasons, we battle with loneliness and isolation. Rather than help, social media and the news seem to only add to our distress. Many of us, myself included, would prefer to stay in bed, under the covers, with a pillow protecting our head rather than walk through what this year has to offer. However, these days require that we get up, suit up, and move through. As 12 Step people, we are called to work with others as a way of helping ourselves.

At the May 2020 Delegate Meeting of the Foothill Intergroup of Overeaters Anonymous (which actually took place on June 1st), a discussion was held about how to help others and ourselves during this extremely challenging time. Here is a list of suggestions. As always, use what you like and leave the rest.

- 1) Since most if not all meetings are being held online, we are being offered the opportunity to 'travel' by visiting other intergroups. Find meetings usually held in far-flung places and attend them. At [https://www.oar2.org/intergroup-directory.html#/,](https://www.oar2.org/intergroup-directory.html#/) you will find a list of Region 2 intergroups, including links to help you access meetings in Nevada, Hawaii, California, and Northern Mexico.
- 2) Find a texting or Skyping partner and meet on a regular basis. Use technology to actually see the person in addition to listening to his or her voice.
- 3) Try a podcast. Three links to get your started: <https://www.oafoothill.org/podcasts.html> and <https://podcasts.apple.com/podcast/overeaters-anonymous-virtual/id262134637?mt=2> and [https://oa.org/podcasts/.](https://oa.org/podcasts/)
- 4) Reach out to someone that you usually don't talk with. Try to connect with a larger group of people on a regular basis. You might also try starting a 'telephone tag' chain, where each person then calls a new person, and so on.
- 5) Check out the new OAFIG blog at [https://oafootnotes.blogspot.com/.](https://oafootnotes.blogspot.com/) Daniel H. and Stacey F. have done a tremendous job of setting this up. If you want to take this a step further, perhaps you might write an article for posting.

If you have other ideas, please feel free to reach out to your Intergroup Delegate to share them. OAFIG remains committed to helping us all recover together, one day at a time.