**12 STEP WITHIN: WORKING OUR PROGRAM &**

**ASSISTING OTHERS IN THE AGE OF COVID-19**

*Hello everyone,*

*As we continue to follow guidance during this age of covid-19, we may battle with loneliness and isolation. 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.*

*Here are suggestions updated in October 2020 from an original discussion help at the May 2020 Representatives Meeting of the Foothill Intergroup of Overeaters Anonymous about how to help others and ourselves during this challenging time.*

*As always, use what you like and leave the rest.* *Korie Beth, Chair of Foothill Intergroup*

* 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#/>, you will find a list of Region 2 intergroups, including links to help you access meetings in Nevada, Hawaii, California, and Northern Mexico.
* Our oafoothill.org website https://www.oafoothill.org/oa-links.html provides links to local intergroups, WSO, and the 10 Regions of OA.
* 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.
* Try a podcast. Here are three links to get you started: https://www.oafoothill.org/podcasts.html <https://podcasts.apple.com/podcast/overeaters-anonymous-virtual/id262134637?mt=2> and <https://oa.org/podcasts/>.
* 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.
* Check out the new OAFIG blog at <https://oafootnotes.blogspot.com/>. Stacey F. has done a tremendous job of coordinating the Foothill Intergroup blog. If you want to take this a step further, perhaps you might write an article for posting.
* Participate in a Foothill Intergroup Event or other OA Events, Workshops and Conventions posted on the Foothill IG website https://www.oafoothill.org/events.html
* As always, every member of Foothill Intergroup is welcome to attend the monthly intergroup meetings held via zoom link. October 26, 2020 is the next meeting. At this meeting we will receive nominations for the 2021 officer and chair positions.

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