



Reach Out to Suffering Members in Fellowship

Telephone on the 12th of Every Month

Commit to a simple **12th Step Within** action on the **12th of every month**. Let's encourage one another to pick up our telephones. Call at least one member who hasn't been seen in your meeting in a while. Call an OA fellow who you've noticed drifting away from program. Look through your meeting's *We Care* book and phone lists and select just one name. Let's each make just *one* phone call, *one* day each month. Imagine the numbers of compulsive eaters we could reach!



Not sure what to say? Here are some suggestions:

"Hello, is this _____? It's _____ from the meeting. I've been thinking about you and I'm reaching out to let you to stay in touch."

"Hi _____, this is _____. Is this a good time to chat? I'm just checking in to see how your day is going."

"Hi _____. It's _____. It's great to hear your voice today. I'm calling to wish you peace and serenity in recovery today."

"Hello _____. This is _____. I saw your name on an old page in the We Care book at the _____ meeting. So, I'm calling to let you know that I'm thinking of you."

Make a call on the 12th of this month!

Please remember OA's Tradition of Anonymity when making phone calls.

For more ideas and suggestions on how to reach out to the still suffering compulsive eater in the rooms please browse the resources available at the OA World Service Website: www.OA.ORG



[Click Here for More Ideas on How to Reach Out to the Still-Suffering OA Member](#)