



## Reach Out to Suffering Members in Fellowship

# Telephone on the 12<sup>th</sup> of Every Month

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 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 12<sup>th</sup> of this month**

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

