



# Reach Out to Suffering Members in Fellowship

## Telephone call on the 12th of Every Month

Can you commit to a simple 12th Step Within action on the 12th of every month?  
Let's encourage one another to pick up our telephones.

Suggestions: -

- 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 programme.
- Call an OA fellow who seems to be struggling with abstinence and / or recovery.

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 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."*

**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](http://WWW.OA.ORG)  
<https://oa.org/groupsservice-bodies/resources/twelfth-step-within/>



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Can I commit to a 12th Step Within call on the 12th of this month?

- Members not seen in my meeting for a while.
- OA fellow who seems to be drifting away.
- OA fellow who seems to be struggling with abstinence and / or recovery.

Can I call just one member?

Possible member/s to call and when.

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