



Reach Out to Still-Suffering Members in the OA Fellowship

Is there an OA member you haven't seen or heard in meetings lately? How about checking in with her or him?



The **12th of every month** is a great day to take this simple **12th Step Within** action. Help their recovery -- and yours -- by reaching out to someone and asking if you can be of service.

If each one of us makes just **one** phone call, **once** a month, imagine the number of compulsive eaters we will reach!

Not sure what to say? Here is a suggestion:

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

"Each one, reach one" on the 12th of this month!

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

*** Responsibility Pledge ***

Always to extend the hand and heart of OA
to all who share my compulsion; for this, I am responsible.