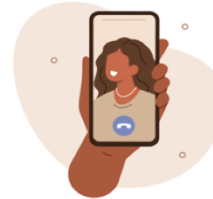


A Group “CARE” Project to Welcome Back Members

Call 5 and Keep ‘em Alive!

A Twelfth Step Within Service Project



If everyone makes five phone calls to people we haven't seen at meetings in a while, think of all the people we will reach! Let's all do our part on this Twelfth Step Within service project. *You could make all the difference in the world.*

Look through your sign-in book or meeting lists and write five names and phone numbers of members you haven't seen recently. Then call, email, or text them to say hello, invite them to a meeting, and let them know that they are important and missed.

Take the challenge: *Call Five and Keep ‘em Alive!*



1. _____
2. _____
3. _____
4. _____
5. _____

CLICK HERE FOR PRINTABLE PDF: [Call Five and Keep Them Alive - Overeaters Anonymous](#)

IDEAS FOR OUTREACH CALLS TO ABSENTEE MEMBERS:

1. Pray and ask for HP's help to be caring and sincere, not to try to change the person's mind about OA.
2. When the person answers, tell them who you are and ask if they have a minute or two to talk.
3. If they don't, say OK, can I call another time? If they can talk, say I've been thinking about you and I wanted to let you know I miss you at the meeting. OR, I want to see how you're doing, I hope you're OK.
4. If they show interest, offer to take them or meet them at the next in-person or online meeting.



This message is from the Region 3 Twelfth Step Within (TSW) Committee, reaching out those who still suffer and address relapse recovery.