

# Focus On Reaching Out



# “Together We Can Do ...”

Reaching out helps members strengthen recovery by providing:

- Comfort and support.
- Guidance in working the OA program.
- Sharing your experience, strength, and hope.



## OA's Responsibility Pledge

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

# What You Can Do

- Drive someone to a meeting.
- Babysit so a parent can attend a meeting.
- Plan a reunion of past and present members.
- Schedule in-home meetings for members who cannot travel.



[Keep It Simple: Ideas for Twelfth Step Within Day](#)



# Take It on the Road

- Form a group of several abstinent members.
- Travel together to meetings where members may be struggling, and share.



[Traveling Hopefuls](#) ← LINK

# Invite a Struggling Member to a Relapse/Recovery Meeting

- Reaching out is hard for us all, and harder for those in relapse.
- Connections among members help strengthen everyone's recovery.
- Your meeting can be face-to-face, online, on the telephone, or non-real-time.

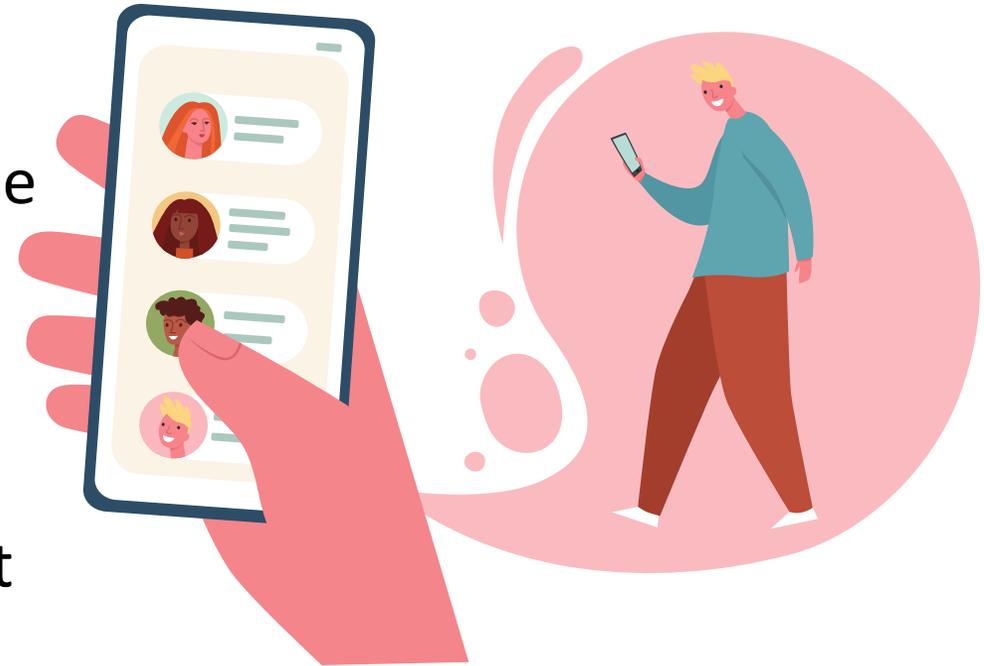


[Preventing Relapse](#)



# Call Five ... Keep Them Alive

- Make cards with space for phone numbers.
- Fill in the blank when you attend the meeting.
- Make calls.
- For online or telephone meetings, you can post blank cards in the chat or online.



[Call Five and Keep 'Em Alive](#)



# Ideas for Reaching Out to Struggling Members

- Gift a journal.
- Take a member to a meeting.
- Start a gratitude e-mail chain.
- Send an OA podcast link.
- Send tips in an email blast or newsletter.



[Still-Struggling Member Tips to Carry the Message](#)



# Fellowship

Ideas for getting together *outside* the rooms:

- Bowling
- Game or movie night
- Abstinent picnic
- Group walk or hike
- Line dancing or yoga
- Workshops and retreats

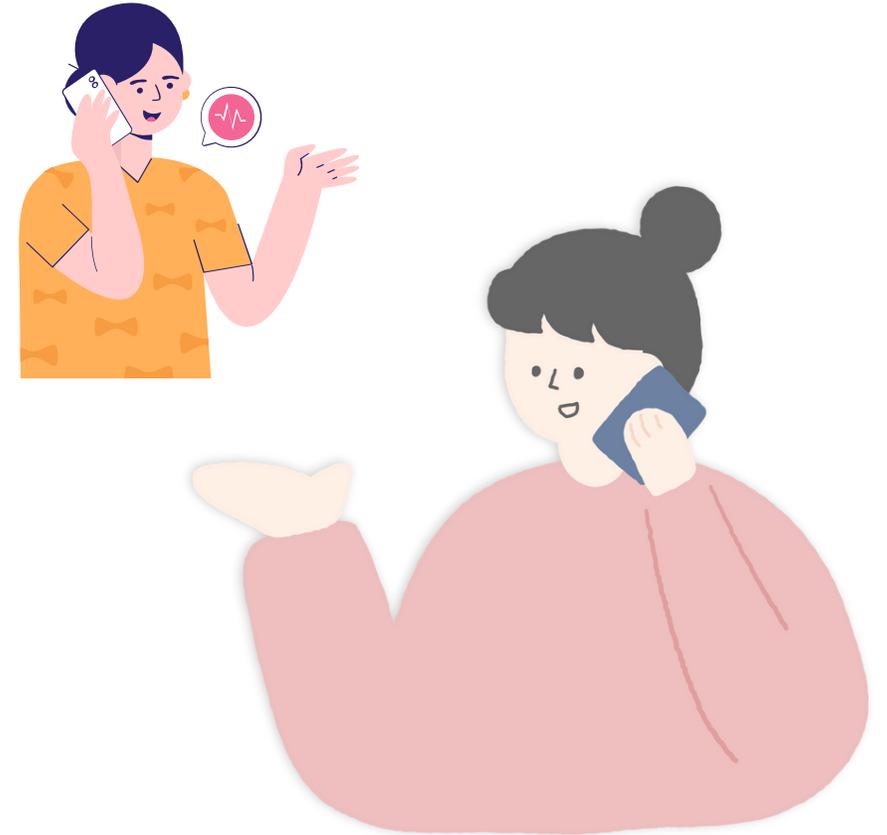


[Fun and Fellowship: Survey Results and Findings](#)



# Make a Twelfth Step Call on the Twelfth of Each Month

- Think of someone you have not seen in the rooms in a while and reach out.
- Don't know what to say? Try this: "Hi, this is \_\_\_\_\_ from the \_\_\_\_\_ meeting. I have been thinking of you, and I wanted to say hello."



[Still-Struggling Member Tips to Carry the Message](#)



# How to find documents in OA's Document Library:

After watching the first video, continue with the second video.

