OVEREATER'S ANONYMOUS MEETING PHONE LIST

MEETING NAME _____

DAY _____ **DATE** _____ **TIME** _____ **LEADER** _____

NAME	NEW COMER	SPONSOR	TELEPHONE	EMAIL	AREA/TOWN	BEST TIME TO CALL ME

<u>The Telephone is a Tool of Recovery:</u> **It is a way we can share on a one-to-one basis, a way to avoid isolation, which is so common among us. Many members call other OA members and their own sponsors daily. As part of the surrender process, it is a tool by which we learn to reach out, ask for help during those hard-to-handle highs and lows that we may experience.**

PLEASE KEEP PASSING THE LIST AROUND SO THAT ALL MAY HAVE A CHANCE TO SIGN AND TAKE NUMBERS.