

Telephone and electronic contact:

Types of contact: Video chat using FaceTime, WhatsApp, Zoom, etc
 Texting using cellphone, WhatsApp, etc.
 Calling by telephone
 Emailing

Reasons for contact: Checking in with another OA member
 Talking with sponsor re step work or food/emotional issues
 To share a reading or inspiration
 Wanting to share good news
 Giving support to another member struggling
 Needing to connect, for any reason

Collect OA member phone numbers –

- (1) someone who's been in longer than me,
- (2) someone with the same amount of time in program, and
- (3) newcomers.

It's important to establish connection with other members besides your sponsor so that when you can't reach your sponsor during a crisis, you've already established a connection and feel comfortable calling that person.

This is a great tool for reaching out and asking for help or extending help to another person. I read recently in a book that one of the most courageous things you can do is ask for help; and asking for help is not giving up, but it's refusing to give up.

Questions to ask yourself: What's holding you back from reaching out and how can you get past your hesitation.

Members should respect anonymity when leaving any type of voicemail or electronic message.