Strong Recovery and Member Retention Check List

\_\_\_  Ask a newcomer if it would be alright to call them.

\_\_\_  Make 3 outreach calls to struggling members or a newcomer.

\_\_\_  Ask a newcomer or struggling member to coffee.

\_\_\_  Apply to be a Virtual Sponsor. <https://www.oaregion1.org/find-a-sponsor-or-sponsee.html>

\_\_\_  Start a speaker meeting to help encourage newcomers.

\_\_\_  Speak or share your story at a meeting.

\_\_\_  Thank 3 people for their hard work at helping “carry the message of strong recovery”

\_\_\_  Do the From Slip to Recovery Worksheets with someone. [www.oa.org/pdfs/tsw\_simplicity.pdf](http://www.oa.org/pdfs/tsw_simplicity.pdf)

\_\_\_  Encourage someone to do service.

\_\_\_  Share your experience, strength and hope with a newcomer.

\_\_\_  Help on a retreat or workshop committee.

\_\_\_  Do the 12th Step Study Guide with a small group or sponsee. <http://bookstore.oa.org/pc_product_detail.asp?key=E4E792B154194DBCA59086EA265634F9>

\_\_\_  Do the 12 Day Temporary Sponsorship with a newcomer. <https://www.oaregion1.org/documents--reports.html>

\_\_\_  Read Carrying the Message - Do’s and Don’ts Guidelines  <https://oa.org/carrying-the-message/>

\_\_\_  Do the Strong Abstinence Checklist and Writing Exercise with struggling member or newcomer. [https://oa.org/members/relapse-prevention/tools-of-recovery/strong abstinence checklist/](https://oa.org/members/relapse-prevention/tools-of-recovery/strong%20abstinence%20checklist/)

\_\_\_  Go through the Slipping and Sliding 30 Days with a sponsee or someone struggling. [www.oa.org/files/pdf/Been-Slipping-and-Sliding.pdf](http://www.oa.org/files/pdf/Been-Slipping-and-Sliding.pdf)

\_\_\_  Call a newcomer, an old-timer or someone you haven’t seen at meetings.

\_\_\_  Share the Simplicity Project with someone. [www.oa.org/pdfs/tsw\_simplicity.pdf](http://www.oa.org/pdfs/tsw_simplicity.pdf)