

# 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](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/>
- \_\_\_ 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)