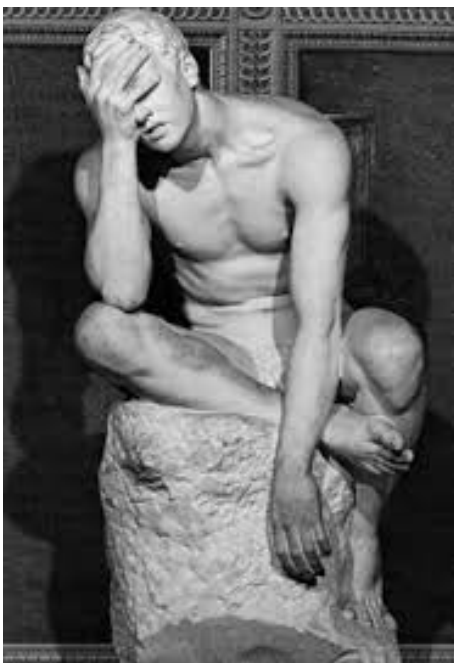


Can't Stop Eating!



There is a solution.
OA for Men.



Why didn't I think of this before?

MEN – WELCOME TO OA

(oa4men@oa-brandywine.org)

If you would like to connect with other men in OA through our Tuesday Night Men's Telephone Meeting, please add your name to our Google Group (GG). You can do so by sending an e-mail to the following address: oa4men@oa-brandywine.org. Please provide your first name, last initial and e-mail address. There are no phone numbers associated with the Google Group.

In addition, if you would like to be added to our Outreach List (OL), which does include phone numbers, to either make calls or receive them from other men between meetings, you can do so in the same e-mail. Please include your telephone number and your time zone. You may also indicate whether you need a sponsor, are willing to sponsor, lead a meeting or be a speaker.

We currently have 242 men in our GG and 166 men on our OL. Our meeting wants to offer an opportunity, for any man who wants to refrain from compulsive eating and compulsive food behaviors, to join our GG and OL. All communications within the GG are handled in accordance with the twelve traditions of OA, including a commitment to anonymity.

By joining our GG and OL you have access to sponsors and other men who can help break the isolation of our disease and support your program of recovery. We encourage men to attend Face to Face meetings. We also recommend that men read the OA pamphlet "To The Man Who Wants To Stop Eating Compulsively – Welcome".

Please note that there are three other Men's Focus Group Phone Meeting besides our Tuesday Night Meeting. They are as follows:

Sunday–8:30 AM, and 8:30 PM and
Thursday 7PM–All ET.

Please refer to the oa.org website for more information about these meetings.

As a result of a Men's Focus Group held at the 2017 World Service Business Conference, it became clear that the leadership in OA is committed to finding ways to attract and retain more men. The World Service Survey done in 2010 revealed about only 10% of our fellowship consisted of men.

We suggest that you pass this Invitation along to your local groups to spread the word that all men are welcomed to join us in OA and also join our group: The Tuesday Night Men's Telephone Meeting, 7 PM to 8 PM ET (Phone: 712-775-7031/ID: 242 990 669#).

"Together we can do what we could never do alone"

Tuesday Night Meeting Contacts:

Ken G. (914-263-6532)

Ed R. (617-285-4991)

Bob B. (610-368-2557)

Phone or Text and All ET