

Pen Pals (Service by Mail/Email)

The Service by Mail/Email program helps OA members reach out to one another. Participating members correspond by mail or email to share recovery and discuss working OA's Twelve-Step program of recovery with other OA members around the world. They can find an OA pen pal or a sponsor by mail or can sponsor another by mail.

Write a letter, send an email, do service

Members who register in the Service by Mail/Email program receive a list with other participants' names, addresses and email addresses. The annual enrollment fee is \$10.

Its easy to sign up.

Go to http://secure.yourmis.com/oa.org/service_by_mail.html.



Overeaters Anonymous
Region 5

