

## **How Do We Carry the Message?**

**Do not be disappointed or discouraged if the results you hope for do not materialize. Remember that nothing will hinder our message more than being judgmental toward those we are trying to serve. The following are suggested ways for individuals to support their members.**

- Sponsor others through the steps.
- Let others know there is a solution by writing your personal story of recovery from relapse and sending it to OA's Lifeline magazine or to your local OA newsletter.
- Be careful to avoid judging or criticizing those you are trying to support.