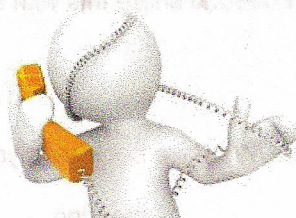


ICE BREAKER PHONE CHALLENGE



Submit your list to the Challenge Chair via email at curlyq1270@yahoo.com by March 15, 2016.

Include your meeting's day, time, and place: Tuesday Night, 7:00-8:00 PM, Brick, New Jersey

Contact e-mail and phone number:

Intergroup the meeting belongs to:

Central Jersey Intergroup

1. I am just making an outreach call
2. My sponsor requires me to make 3 calls a day
3. My phone weighs 2000 pounds but I picked it up to call you
4. I was so afraid to call
5. I was hoping you wouldn't answer, I would rather eat
6. Your share about bulimia was just what I needed to hear
7. I am struggling with abstinence and my sponsor gave me homework to call 5 people and ask what their food plans were
8. Calls are not my thing, so I don't know what to say
9. I am not yet sponsoring, but need to do service so I am making calls
10. I just wanted to say thanks for your share
11. I loved your share and would like to talk a bit more on that topic
12. I needed to talk to someone who can relate to my issue
13. I missed you at the meeting
14. I am not willing to do what it takes and need a kick in the butt
15. Just called to check in on you
16. I saw your name in the IG newsletter to take calls
17. I am in a dark place and could use some positive program
18. The food is calling so I needed to talk
19. I was on the way to the vending machine and was looking for someone to talk me down off the ledge
20. I am at a party surrounded by my red foods and need help
21. Haven't heard from you for awhile
22. Miss hearing your voice
23. How are you?
24. I am looking for variety in my food, do you have any recipes to share
25. Wanted to call to welcome you to our meeting
26. Would you like to join me for tea after the meeting
27. I pulled your name out of our We Care Book
28. I saw your name on the holiday call list
29. I hope I haven't called at a bad time
30. I was afraid to call
31. I don't want to take much of your time
32. I don't know what to say but I need to talk
33. Yo, what's up
34. I have questions about sponsoring and am looking for suggestions
35. Maybe this is a bad time, but step 1 reminds me that I am powerless to find the right time
36. Can you talk
37. Oh bummer, I was hoping to get voicemail
38. Are you the person who spoke at IDEA Day
39. Do you use any of the online tools
40. I need help working the steps

41. I am looking for advice on finding a sponsor
42. I can't keep lying and saying that I am ok, I need to share this with someone
43. Que pasa
44. Just called to let you know I care
45. Calling to see what's new with you
46. I don't get this ODAAT thing, do you
47. Didn't expect anyone to answer the phone....We Care book says you only take calls after 7PM
48. Hello dear friend...
49. This is _____ from _____. We met at the _____ meeting
50. I am using my tools and working my program by making calls
51. Qu'est que passe
52. Hello _____'s voicemail, how are you....please let _____ know that I called
53. This is an obscene phone call because my defects are screaming
54. I have been abstinent for 30 days and just needed to share that with someone
55. Been praying for your recovery
56. Do you need a ride to the meeting
57. Have you tried any of the phone meetings
58. How can I support you in program
59. I am vegetarian and am searching for some good recipes
60. Wondering if you can recommend any Step meetings in the immediate area
61. Was listening to a recording on the IG web and had an "ah ha" moment I just have to share
62. Been praying for you, how is it going
63. Just wanted to wish you love, peace and abstinence
64. Working for my "program" karma points by making phone calls
65. Haven't seen you for a while and miss you
66. You have been on my mind
67. Can we talk about what Step 3 means for you....I am struggling with what it means to "turn my will over"
68. Having trouble "wrapping my mind" around a spiritual experience"
69. What's with all the God and HP talk? Thought this was a program to loose weight
70. Can we pray together for a few minutes?
71. I am working it by making calls
72. Hey, ya busy
73. Want to join us for an abstinent dinner before the meeting
74. What are you grateful for today
75. Have you found a concept of HP that works for you
76. How many meetings do you go to each week
77. Called to let you know about the OA podcast
78. Are you going to Unity Day, I am looking for a ride
79. I am afraid to ask for a sponsor, how did you do that
80. Why do we read AA book in OA
81. I have "a hole in my heart" that only talking to you can fill
82. I didn't get my dose of your inspiration this week
83. What are you grateful for today
84. What did you do to "pay it forward" today
85. I was struggling yesterday and heard your voice in my head saying that the food solves nothing
86. What do you do to "act as if" for impatience
87. How does your group support member's recovery
88. Good morning to you
89. Thank you for answering, I was dreading talking to another answering machine
90. Setting up a carpool, would you like to join us
91. Want to go for tea after the meeting this week
92. Just checking in on you
93. What's God got to do with losing weight
94. What do you do to support other members in recovery
95. What service can I do when I am not abstinent
96. Help...I need somebody
97. Amazing stuff you share
98. Help me please, I am ready to dive into a binge
99. My food is a mess and so am I
100. I need to be honest with someone
101. I don't know what it is, but I have been struggling lately
102. I am so ashamed to say that I am not ok

103. My food was good today....how was yours
104. All is ok....today I have hope
105. Happy Monday (or Friday....or whatever day)!
106. My day got away from me, I am sorry to be calling so late
107. Wishing you an abstinent day
108. Reaching out to wish you a God-focused and God-filled day
109. I am calling to commit to being abstinent today
110. Today I am asking for God's help and showing my willingness to change by making calls
111. Being grateful for all my blessings....you are one of them
112. So you and I didn't win the lottery today, but I am rich with program
113. I need a "booster shot" of program to protect me from the food bug
114. Hearing your voice always makes me smile
115. I have learned so much from your shares and wanted you to know how much you are appreciated
116. Working my defects makes me depressed...how do I face them without needing to eat over them
117. Mulling over what is at the root of my difficulties and need another opinion
118. Hope you are having a wonderful week (or weekend)
119. I know you have a lot going on right now and wanted to know how I could support you
120. I apologize for not calling sooner
121. Wanted to thank you for your service
122. Touching base with my peeps
123. OMG can you believe this....I am making an outreach call
124. So sorry to hear about your struggles at meeting
125. For today I am keeping my head out of the clouds and taking small actions, like making calls
126. I get crazy during the afternoon and need to use my tools to stay out of the food
127. People in the rooms are driving me nuts, how do I deal with my judgements
128. I am reaching out to put my hand in yours for love and understanding
129. I wanted to make sure I spoke to you before the weekend
130. I learned a lot at the Friday meeting and wanted to share some of my Ah ha's
131. I notice how much better I am feeling when I am making calls
132. Feeling overwhelmed by life and need to talk
133. I am cranky today and need to talk to someone who understands and can set be straight
134. Yesterday's food wasn't satisfying, I felt sick...is this withdrawal
135. Not sure there is hope for me
136. Being in your company yesterday enhanced a beautiful day
137. Top of the morning to you, will I get to see your smiling face tonight
138. Wishing you love, peace and abstinence
139. Please tell me that it all gets easier
140. I have a thought for the day that I wanted to share
141. You haven't seen me for a while, I left program and am trying to re-enter
142. I wish our paths crossed more



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Thursday evening Hillsborough NJ 08844 - Group# 47678

Ice Breakers List:

- Actually I was ordering pizza and I dialed the wrong number.
- I'm holding a loaded Ice Cream Cone and I'm not afraid to use it.
- Somebody left their Abstinence at the Meeting a while ago, and I was just calling around to see who lost it.
- My HP said I should call.
- Will you recite the Serenity Prayer with me?
- Would you like to carpool to xyz meeting with me?
- Morning, thank you for picking up my call. I needed to hear an understanding voice today.
- Wow! What about that 'For Today' reading!
- My sponsor said it is very important to make these calls - and said I need to keep calling until I talk to 3 actual people - so thank you so much for answering. Your #1 !! (or 2 or 3).
- Did you have a chance to read the Voices of Recovery - i thought it was great - can I share part of it with you?
- I really need to make an outreach call - are you okay if I tell you why?
- I'm scared making these calls - I hope I didn't disturb you but I'm so glad you answered - do you have a minute or 2?
- I really appreciated your share at the xx meeting and wanted to follow-up with you. OR .. I could really identify with what you said.
- I'm really grateful you wrote your name and number in the we care book. I wanted to follow-up with you from the meeting.