



A BITE OF RECOVERY

*Behaviour

*Information

*Thoughts

*Emotions

Springing Out Of Relapse



Help Through the Tools

As I sit here at day forty-five of my abstinence, I am amazed and grateful for what has turned out to be like a joyride! I've had a couple days of waking up crabby, but I told my sponsor, put it out on calls, surrendered it to God, and soon found myself back on my joyride again. When I think of where I came from, it's nothing short of a miracle that has transformed the person that I was into the person I am now.

I'd tried an OA HOW meeting six years ago and just found it all too hard. So, I took my food plan and left, thinking I could do it on my own. For six years, I struggled as this illness progressed, and I went from my longest binge being two weeks to my last binge, which lasted thirty days. I couldn't stop!

On December 1, 2015, I reached my breaking point. After making a solemn oath not to binge that day, I ate twelve doughnuts by 9:30 a.m. I was in such physical pain; I seriously thought I may have injured my body. Emotionally and spiritually, I was drained. Suicidal thoughts entered my mind, and I cried out to God, "Please help me!" as I sobbed great tears of total defeat. It came to my mind, what about that OA HOW meeting? Immediately my mind thought: What if it's too hard? What if you fail? Your hopelessness would be complete then.

Continued on page 2...

Welcome to the Spring 2023 edition of A Bite of Recovery!

While we pray you never have to experience a loss of abstinence, should you ever find yourself in that place, we hope the articles and prayers included will help you in "springing out of relapse!"



SOAR

Springing Out of A Relapse

"My old manner of life was by no means a bad one, but I would not exchange its best moments for the worst I have now. I would not go back to it even if I could."

- Alcoholics Anonymous Big Book, 2002 4th ed., p. 43

If you have any suggestions for upcoming topics, articles, or would like to join the newsletter working group, please email us at: abiteofrecoverynewsletter@gmail.com

But then I started frantically searching my house. I found a paper with some names and phone numbers and just started calling. On the fourth number, someone in program picked up. I was a sobbing mess, and all I could get out that she could understand was "Help me."

She got me calmed down. I remember her voice and manner were so soothing. She told me what to do and had me call back in an hour. After that, she gave me another task and said to call in the morning. I immediately felt strength come back to me. She said she would temporarily sponsor me, and I felt I had been thrown a life preserver and was being reeled in. I was holding on for dear life!

I went on a phone meeting the next night and got a sponsor right away. I was shaky, but as I did what I was told, one day at a time, I began to blossom. The joy and happiness I've felt since has been tremendous! I now see my devastation as a gift: it brought me to a state of willingness and back to OA. I'm willing to go to any length for my abstinence. I fully concede I am a food addict, and I understand I have a progressive illness.

When I gave up, God helped me, through the Tools and the wonderful support from members.

I no longer have to work my program. I want to—to remain well, have freedom and happiness in my life, and be present in relationships like never before. I can only hope to be a soothing voice for others as I grow spiritually in this program. I can always tell a long timer in the program by their voice and the words they speak. Thank you to all who have helped me on my journey so far. I am humbled and grateful for it.

- Janie Z.

© Overeaters Anonymous, Lifeline Article, Originally posted online,
November 1, 2019

DON'T QUIT

**WHEN THINGS GO WRONG AS THEY SOMETIMES
WILL,
WHEN THE ROAD YOU'RE TRUDGING SEEMS ALL
UPHILL,
WHEN THE FUNDS ARE LOW AND THE DEBTS ARE
HIGH,
AND YOU WANT TO SMILE, BUT YOU HAVE TO SIGH;
WHEN CARE IS PRESSING YOU DOWN A BIT,
REST, IF YOU MUST, BUT DON'T QUIT.**

**LIFE IS FUNNY WITH ITS TWISTS AND TURNS,
AS EVERY ONE OF US SOMETIMES LEARNS;
AND MANY A FAILURE HAS TURNED ABOUT
WHEN THEY MIGHT HAVE WON HAD THEY STUCK
IT OUT.**

**DON'T GIVE UP THOUGH THE PACE SEEMS SLOW;
YOU MAY SUCCEED WITH ANOTHER BLOW.
SUCCESS IS FAILURE TURNED INSIDE OUT:
THE SILVER TINT OF THE CLOUDS OF DOUBT.**

**AND YOU CAN NEVER TELL HOW CLOSE YOU ARE;
IT MAY BE NEAR WHEN IT SEEMS SO FAR.
SO STICK TO THE FIGHT WHEN YOU'RE HARDEST
HIT.
IT'S WHEN THINGS SEEM WORST THAT YOU MUST
NOT QUIT.**

- Bill P. and Lisa D. The 12 Step Prayer Book,
3rd ed. compiled, Hazelden, 2019



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<https://creativecommons.org>

SAVE THE DATE

Heart of Canada OA Fall Convention - YES! In person

**When: Friday evening/Saturday all day,
October 20 - 21, 2023**

**Where: John Black Memorial United Church,
898 Henderson at Roberta**

More details to follow shortly. Please join us to hear our two guest speakers from Alberta as they share their experience, strength and hope in the program.

TWELVE STEPS TO A SLIP

Every slip has a beginning. Know your danger signals.

1. Start missing meetings for any reason, real or imaginary.
2. Become critical of the methods used by other members who may not agree with you in everything.
3. Nurse the idea that someday, somehow, you can eat like 'normal people' again.
4. Let the other members do the 12th step work in your group. You are too busy.
5. Become conscious of your OA "seniority" and view every member with a skeptical eye.
6. Become so pleased with your own views of the program that you consider yourself an authority.
7. Start a small clique within your own group, composed of only a few members who see eye to eye with you.
8. Tell the new member in confidence that you yourself do not take ALL of the 12 steps seriously.
9. Let your mind dwell more and more on how much you are helping others, rather than on how much the OA program is helping you.
10. If an unfortunate member has a slip, drop them at once.
11. Graduate to the point of no longer needing a sponsor yourself.
12. Look upon a food plan as a vital thing for new members, but not for yourself. You outgrew the need for that long ago.

- Central Ontario Intergroup, Workshop notes

NEVER SAY NEVER

Years ago, when I lost weight, I kept thinking that I would never, ever, be that heavy again and gain my weight back. I could not understand how others would lose their abstinence and gain weight. Sure, its an addiction, but if you work the program, you should be fine, right?

I had surgery, COVID hit and I decided to go back to school for 2 years. I thought that I could go to meetings, but with everything getting in the way, classes were on Thursday and Fridays, the amount of homework, work, family and elderly parents, I was not able to do the program. I then thought because I have worked the program, I could do the program by myself. Bad idea.

Where in the Big Book and OA 12 and 12 does it say that you can do it by yourself? It doesn't. I lost my abstinence. Once I was done school, I thought I could go back to the program and just start all over again. Then both parents ended up in a personal care home, making it harder to fight my food addiction as my emotions were all over the place. I still went to meetings though, worked with my sponsor and called some people. I read the Big Book up to Step 4 twice and between that, my church services and working the program, I am now on track. I realized that I was not letting my higher power take over and tried doing it myself with choosing my food. I had to stop doing that. I decided that listening to my addiction's lies was not worth it. Gaining weight is not worth it. It has taken awhile to get my abstinence back, but I have it now.

I am staying away from the food, relying on my HP more and only eating what I bring. If I eat something from work, it is only vegetables that they give the children at work. The food can keep saying "eat me," but my HP helps me stay away. When I have my lunch at work, most of the time I read the Big Book on my phone. It helps me keep on course. I still go to meetings, keep in contact with my sponsor and have decided to volunteer in more OA services to keep me more connected. Like before when I provided service in OA, I found it helped me stay focused on the program and my eating.

Just recently at a church service, the Pastor said, "God is not against me. He is with me. Working through me. Fighting for me." That felt like Big Book to me. Listening to your HP and having him take over for you is the key to success. Your addiction to food will always lead you to failure. Hopefully I will keep listening to keep my abstinence and gain back my recovery. It's the only way to stay healthy and sane.

- Lori V

For Today [Daily Reader], December 26th

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"Vitality shows in not only the ability to persist, but in the ability to start over."

-F. Scott Fitzgerald

What injustice to think myself a failure because I have to begin again! So I slipped, or relapsed; so what? Starting over is what all creation is about; it is part of the fabric of success in enterprises ranging from spinning a web to splitting the atom.

Willingness to make a new beginning is a sign of growth. It means I am returning to the program with a deeper understanding of myself and my illness. Far from wanting to hide in the back of

the room, I feel I have something of value to contribute. The Big Book tells me that to get started on the road to recovery, nothing works better than getting out and working with others. One way to do that is to share my discovery that relapse, which for me is the only alternative to the OA program, has renewed my faith in that program.

For today: I think of the term, "retread," as proof of how wonderfully accepting and free we OAs can be about the nature of our disease. If there were no Overeaters Anonymous I might have to give in to the gloom and doom; but OA is alive and well and going strong – and so am I!

Relapse Literature

Have you relapsed and don't know where to start? Overeaters Anonymous has some literature that can help you. The pamphlets and books can be purchased from Intergroup through our Literature Representative, Lori V. through email at queenloriv5@outlook.com or call the OA Hotline (204-334-9008) and leave a message. All prices are in Canadian dollars. For members living in the US, please contact www.oa.org for literature.

Pamphlets



Recovery Checklist

These questions help you evaluate your recovery and alert you to subtle changes in actions and attitudes that could hamper your program. Also helpful to members in relapse.

25 cents each

Members in Relapse

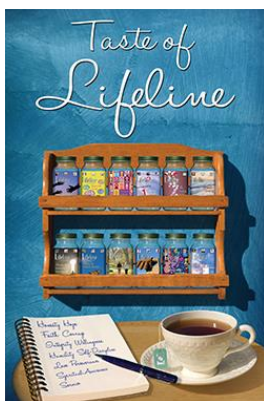
OA Members share how they have used the Twelve Steps in the program to get their recovery back. It's like having a meeting in your hands.

75 cents each

[This pamphlet is no longer in circulation, but we currently have 75 copies available. Contact the Literature Rep if interested.]



Books



Taste of Lifeline

A collection of stories from the pages of Lifeline magazine. *Taste of Lifeline* features more than 100 personal stories by OA members writing about their challenges and recovery and how they work the OA program. Included are stories for newcomers; stories about recovery from relapse; stories about long term recovery; stories from international members; "Welcome Home!" OA's beloved story of outreach to compulsive eaters around the world; and many more. Also, *Taste of Lifeline* has journal questions to complement each chapter so you, your sponsor and your group can use the tool of writing to find and strengthen your recovery.

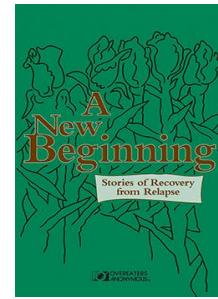
- Taken off OA.org

\$17.50 each

Continued on page 6...

A New Beginning

Stories from Lifeline magazine full of experience, strength, inspiration and wisdom about gaining recovery from relapse.



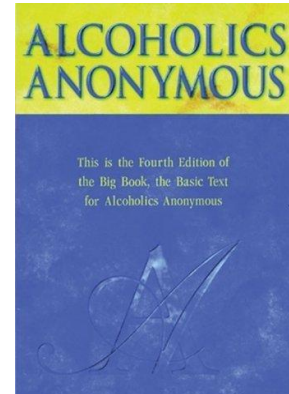
Alcoholics Anonymous Big Book

Overeaters Anonymous originated from the Big Book. Many OA members find the Big Book beneficial to help restart their recovery. It also contains several stories in the back to help you connect and see how the steps can help you back to recovery.

Currently in stock

Softcover: \$14.42

Hardcover: \$14.10



CONVERSATIONS WITH TWO MEMBERS

(Please enjoy our conversation with two of our members from Winnipeg – first with a member who chooses to remain anonymous and second with Michelle - as they share their journey in recovery and out of relapse.)

1. How do you stay committed to program?

Anonymous:

Over the last 22 years my enthusiasm for program and step work has waxed and waned. At the beginning I conceded to my innermost self that I am powerless and I know without a doubt I have no choice but the 12 steps (my commitment). So even when I would “rather not,” I must.

How do I keep the commitment? Some days it doesn't look like much and isn't perfect. It is as simple as the serenity prayer while climbing the stairs to work or pausing to look out a window or actual meditation - in “some way” I need to connect with a power outside of myself every day.

It has varied from a formal 4 through 9 with forms and writing or a less formal step 10 with a member, my partner or even a close friend. I have

to sponsor and I have to remember I am a compulsive overeater. I have to have a plan for my food.

I continue the challenge of service at all levels. Connection to those who share the same problem is the reminder I must continue to live the steps and work them every day. When I feel “lazy”, when I don't feel like it, I do it anyway as good as I can. I ask for strength to keep going. I often get that zing of oh so this is why I needed to do this or why I needed to be here or what I am meant to learn from a sponsee.

Michelle:

Hi. My name's Michelle and I am a compulsive overeater. Although I have been a compulsive overeater my entire life, I never thought I'd say this out loud to anyone, let alone in a zoom meeting amongst a group of people that I didn't know or in this writing for all to see.

Ten-fifteen years ago, a friend of mine began working the OA program. She experienced much success. I asked her what it was like; she invited me to a meeting. I'd never been to a 12-step

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meeting before. I was overwhelmed and over-stimulated with people welcoming me, what seemed like a ton of literature to be read and the regular reference to God. I wished my friend well on her journey and advised her that this program was definitely not for me.

For 32 years I battled drug and alcohol addiction. In and out of treatment programs, in and out of other 12-step fellowships and eventually institutionalized for a short time for mental health treatments. Just before COVID reached us, I began attending AA, figuring that all the other fellowships are based in AA, why not go to the source. I'm happy to say that I have been clean and sober, one day at a time, since July 18/21 and I know my Higher Power is with me.

My very first addiction was food. I was not well cared for as a child and my earliest memories of love and compassion came to me along with a hearty helping of food. I learned to cook at a very early age and, besides giving me sustenance, I gained a sense of accomplishment, pride and of course, a lot of weight. I was teased incessantly as a child by my family, my school mates, everyone. In my pre-teen years, I began dieting. Actually, what I did was begin to stop eating. As I lost weight, people seemed to treat me better. Weight loss pills, purchased from drug dealers, became my friend.

I'd date someone, we would break up, I'd binge and gain weight. I'd then lose weight to attract someone else, we'd break up and I'd gain the weight back again, plus some more. This yo-yo of dieting and bingeing went on until my late 20's when I met my wife. Since my 30's (I'm now 55), our relationship has blossomed and so have I. I have gained so much weight that carrying out activities of daily living is difficult.

In the past year I tried the WW program (again). I even started exercising, but got no lasting results. I'd shed 10 pounds and then "celebrate" with food, gaining 15 pounds back. Sick and tired of being sick and tired, I talked to my Primary Care Provider about my depression and difficulty moving through life, and I asked him about

weight-loss surgery. I told him that I had tried everything to get the weight off and nothing worked. He made the referral, and I am currently going through the process of being approved for surgery.

I told my Care Provider that I tried everything to shed weight. But had I really? I remembered my friend who had success in OA and how I rejected the program back then. I thought, "But now I know a Higher Power, perhaps I could try OA."

I signed on to an OA zoom meeting one evening in November 2022 and was welcomed with open arms, no pressure. I attended meetings but didn't work the program. I continued to gain weight. I left the OA meetings aside for a few weeks. Instead, I joined a gym, thinking I'll give exercise one more try. I shed weight and, as usual, gained it back, plus some.

I returned to OA in January 2023, willing to do whatever it took to get what you had. I worked with someone on a temporary basis until I got up the courage to ask someone to be my Sponsor. She happily agreed to share her experience, strength and hope with me. Today we are working the steps. With my Sponsor's encouragement and guidance, by adhering to my eating plan, in asking my Higher Power to guide me to do the next right thing, and learning all I can about how OA can help me be healthy, I shed half a kilo my first week.

I stay committed to the OA program because it really does work when I work it. I see it working in others and I've felt it work in me. To keep myself accountable, my Sponsor allows me to send her my meal plan, what I've eaten and my plan for the following day.

2) Have you experienced relapse and what steps have brought you out?

Anonymous:

Yes, I left program for about 3 months, almost 20 years ago during my first 3 years in OA. I can't recall what was happening during the time leading up to it, I assume I thought I could do it on my own and was too busy to continue to do

Continued on page 8....

the necessary work. I was a single mom working full time and life was so busy! After about 3 months, I started to ask my hp for the willingness to come back to OA, I just prayed. I look back and I see surrender. It taught me the 12 steps are the only thing that ever worked for me. So, no matter if it is difficult or may be easy - it just is what it is and I must continue.

Michelle:

In my 2nd week of working the program I didn't make any "me" time to pray and meditate. I let myself get very tired and stressed. The power of food overtook me. I was eating a trigger food in a most unhealthy way, seemingly before I could think to call anyone or do anything about it. I had relapsed. Looking back on the incident, I had many opportunities to consult my Higher Power and to call my Sponsor or others in the program before I ate. I didn't use the power of the pause. (Page 87 of the Big Book of Alcoholics Anonymous, says: "As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action.")

Rather than allowing myself to live in remorse and self-pity after overeating, I got back to my meal plan the very next meal. I also chose to look at this relapse as a tool for learning. I now seriously know that this is a one-day-at-a-time program; for me, it can be a one-meal-at-a-time program. I also know that I cannot allow myself to become tired and stressed; that I must carve out time on my schedule just for me and my program.

I want what you have and I am ready to go to any length to get it. This means, for me, becoming more in tune with myself and my limitations, my Sponsor's and my Higher Power's wishes for me and staying true to the power of the pause.

3) What messages of hope would you give to a member struggling with relapse?

Anonymous:

Never give up, believe it can happen for you too. What grabbed me and held me was the idea that

not only would I be able to put down the food BUT with the 12 steps I WOULD NOT WANT THOSE FOODS. That was the Promise and the hope that got me hooked - I saw it worked for others so why not me! Why not me.

Nothing else has ever delivered that. The 12 steps not only promised freedom but guaranteed it after step 9. It can't get any better than that. What I did: Pray to let go of any doubt that recovery can happen for me, pray for willingness to put down the food, pray for willingness to surrender and pray to take action - to start working the steps. For me, Pray for the willingness to: Put down the food, Get a sponsor, Pick up the steps, Take action.

Michelle:

We are human, we mess up. Get back on the program right away. You are worth it.

Heart of Canada Intergroup

Check out our webpage at <https://oaheartofcanada.ca> for the calendar of our meetings, our literature and other helpful information to work your program.

Did you know we also have a Facebook page? Search for OA Heart of Canada.

Our Intergroup is part of Region 4 where other helpful information is available (<https://oaregion4.org>.)

We now have an email address for inquiries along with our telephone hotline:

OA Local Hotline

Tel: 204-334-9008

E-mail: inquiries@oaheartofcanada.ca



One Thing I Did Right

I'm sorry to say I've had many relapses during my twenty-two years in program. But the last five years have been much better: back-to-back abstinence based on putting together a program that uses all the OA elements. My program reminds me of my first relapse, how I got into it and how I got out.

I had come into OA and gotten nine months of pink-cloud abstinence, nice and easy. I was thrilled! I did whatever I was told because I had run out of ideas. Attend at least six meetings to learn the many ways OA can help me? Check. Get a sponsor? Check. Turn over my food daily and write the thirty questions (a writing exercise used back then to work Steps One, Two, and Three)? Check. Lead meetings and offer to sponsor once I had thirty days of abstinence? Check.

Everything was fine until I went on vacation. I remained abstinent until I reached an airport lounge on the way home. Nauseated, I medicated myself with an apple. Not too dangerous, you might think, but not on my food plan.

That set off a nine-month relapse, leaving me baffled and demoralized. I kept attending meetings but didn't know how to change my situation. Finally, I realized I might be in relapse.

I remembered someone at meetings who had been thin and was now heavy. I called her, thinking maybe she was in relapse and could tell me something about it. She told me she'd recently emerged from relapse. She invited me to have coffee after our meeting that night.

After the meeting, she explained that when she was struggling and in relapse, an OA friend told her, "You have the whole OA program here. Why don't you just do the program?" I heard her message, and it reminded me of the "kit of spiritual tools" (*Alcoholics Anonymous*, 4th ed., pp. 25 and 95). So, what could I do that I wasn't already doing? I was attending two meetings a week. It occurred to me to attend more meetings.

At one of the meetings, a speaker talked about emerging from relapse. She had had a good period of abstinence, then a relapse, and now nine months of clean abstinence. She agreed to sponsor me. She suggested I attend all the meetings of a new OA group she had helped start.

The group had five meetings on three different days (a beginner meeting on Wednesday, followed by a speaker meeting; a Traditions meeting on Saturday, followed by a Step meeting; and a Sunday meeting using Big Book and Brown Book readings). The idea was for most group members to attend most meetings. The members would note if you weren't there, and someone would call you.

I attended the meetings and got involved in service. I worked the Steps under her direction. I started making three OA calls a day, and I got abstinent. That was good, but not good enough for me to keep consistent abstinence over the years. I had much more to learn about honesty and humility. I had to work the Steps many times and add other elements to my program: prayer, meditation and a nightly written Tenth Step. These things enlarged my spiritual life. I had to figure out how to put OA first, keeping my head in the program and maintaining conscious contact with my Higher Power.

I made many mistakes before I got things working as they do now. But I did one thing right: I kept coming back. I couldn't think of where else to go. No other answer existed. Eventually I worked enough structure and support into my program to stay clean. I prayed for surrender, which God gave me. I plan to take the program actions daily. They work and I like the results!

- Susie, Glen Allen, Virginia USA

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[Did you know OA offers the Recovery Insurance Policy](#)

[document as a free download for you and a fellow member to sign?](#)

[Find it at oa.org/document-library under the category “Twelfth Step Within” or click on the link below:](#)

<https://oa.org/app/uploads/2021/08/recovery-insurance-policy.pdf>

[A copy can also be found on page 11 of this newsletter.](#)

Fully Covered

I was thinking about why we buy car insurance aside from the fact that it is required by law. Car insurance is basically protecting my asset in the event of an accident. The car I drive is valuable; therefore, I opt for full coverage. This means that no matter what happens, it can be restored (or replaced) if damaged.

I look at the disease of compulsive overeating as a potential car crash. This disease hopes I carry minimal insurance so that, if I relapse, the price to be restored will be too much and it will prevail. I have been in two major collisions with this disease in my decade of recovery. Both times, the relapse was catastrophic, and thinking in terms of insurance, I am curious about what policy I carried when the crashes occurred. I am really grateful that I was not an “uninsured motorist” because neither time did I leave the rooms of Overeaters Anonymous.

My last relapse basically totaled my body. A relationship ended, and I was convinced that I could not survive. I buried myself in huge amounts of food, and the food convinced me my life was beyond repair. Within six weeks I had gained 40 pounds (18 kg). I was eight years into recovery and let my insurance lapse. Thankfully,

the people in this program were there, picking me up, encouraging me, and reminding me that food is a liar.

The people in the rooms who carried full insurance against this disease added me to their policy until I could once again see the value in my asset—my life. Full coverage looked like:

- people who prayed and meditated
- people who worked the Steps
- people who examined their behaviors and made repairs
- people who participated in meetings
- people who studied literature
- people who got outside help if needed
- people who trusted God

After a year in relapse, I decided to drive my way out of this wreck. Slowly I started making changes in my insurance policy. I dove into the Steps, worked with my sponsor, and prayed a lot. Interestingly enough, I stopped eating compulsively. Each day, I assessed if I needed to supplement my insurance policy in order to be protected from this disease.

No one is immune from a car crash, but if we maintain full coverage and keep our eyes on God, we will surely continue to “trudge the Road of Happy Destiny” (*Alcoholics Anonymous*, 4th ed., p. 164).

- Jill S., Pflugerville, Texas USA

Copyright Overeaters Anonymous® Lifeline article,
Originally posted online on July 1, 2020



This is a pledge between two OA members to support and to be accountable to one another. If you think this agreement could be helpful for you, fill out your name and other information as the "I" on one side of the form and have another OA member complete the other half. Cut the forms apart and exchange sides. Place the agreement in a prominent spot to remind you of your commitment to recovery and to service.

RECOVERY INSURANCE POLICY

I, _____ on this day do hereby give _____ (a recovering OA member) permission to take me to a meeting if she/he does not receive a phone call from me within ___ days of our last conversation; or if she/he does not see me at an OA meeting within the last ___ weeks. She/he has the right to use all means of communication to contact me, including contacting _____ (a friend/relative) for assistance. This agreement may only be terminated after we have had contact and mutually agree to end this agreement.

Signed: _____ Date: _____

My address: _____

My phone numbers: _____

My email: _____

Friend/relative's phone no.: _____

Always to extend the hand and heart
 of OA to all who share my compulsion;
 for this I am responsible.

Reprinted from *The Twelfth-Step-Within Handbook*.
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Keep coming back. It works if you work it!

Quick List Of Meetings In Our Intergroup

This list can also be found at the calendar link on our
OA Heart of Canada webpage: <https://www.oaheartofcanada.ca>

SUNDAY 11 AM F2F Meeting on Zoom only

<https://zoom.us/j/8637723075?pwd=QXZ4KzRrcE0rWEEybFVmV0Z6azE4dz09>

Meeting ID: 863 772 3075

Password: WpgF2F

MONDAY: 7:00 PM F2F Meeting

<https://us02web.zoom.us/j/82629926338?pwd=LzcrSzk0U05jT0o2MW1CL3pKVIJ3UT09>

Meeting ID: 826 2992 6338 / Password: recover

ADDRESS: GOOD NEWS FELLOWSHIP CHURCH, 891 ST. MARY'S RD., NEAR FERMOR

HYBRID MEETING, INCLUDING BOTH ZOOM AND IN-PERSON FORMAT

TUESDAY: 7:30 – 8:30 pm

<https://us02web.zoom.us/j/86586967187?pwd=Q0pkRjZobzFGay9PQnhGbytsbXNDQT09>

Meeting ID: 865 8696 7187 / Password: Freedom

ADDRESS: PRAIRIE UNITED CHURCH – 207 THOMPSON DRIVE IN ST. JAMES JUST OFF PORTAGE AVENUE

BEHIND UNDERDOGS RESTAURANT

HYBRID MEETING, INCLUDING BOTH ZOOM AND IN-PERSON FORMAT

***** TO ATTEND IN PERSON, PLEASE CONTACT KIM (204-588-0056) OR DAVILYN (204-791-6419) TUESDAY MORNING OF THE DAY YOU ARE WANTING TO ATTEND TO ENSURE IN-PERSON MEETING IS OCCURRING THAT DAY.*****

WEDNESDAY: 7:30 AM F2F Meeting on Zoom only

<https://us02web.zoom.us/j/86213444550?pwd=UWWhRmZsVHF0d0dadkM0bXdaUGg2dz09>

Meeting ID: 862 1344 4550 / Password: 279813

THURSDAY: 7:00 PM F2F Meeting

Topic: Thursday, 7:00 pm - Heart of Canada Zoom Meeting's Zoom Meeting

<https://us02web.zoom.us/j/82629926338?pwd=LzcrSzk0U05jT0o2MW1CL3pKVIJ3UT09>

Meeting ID: 826 2992 6338 / Password: recover

ADDRESS: GOOD NEWS FELLOWSHIP CHURCH, 891 ST. MARY'S RD., NEAR FERMOR

HYBRID MEETING, INCLUDING BOTH ZOOM AND IN-PERSON FORMAT

SATURDAY: 10:30 AM F2F Meeting

<https://zoom.us/j/8637723075?pwd=QXZ4KzRrcE0rWEEybFVmV0Z6azE4dz09>

Meeting ID: 863 772 3075 / Password: WpgF2F

ADDRESS: JOHN BLACK MEMORIAL UNITED CHURCH, 898 HENDERSON HIGHWAY AT ROBERTA.

(PLEASE NOTE THAT ON THE FIRST SATURDAY ONLY OF EVERY MONTH, THIS MEETING WILL RESUME AS A

HYBRID MEETING, INCLUDING BOTH ZOOM AND IN-PERSON FORMAT.

THE OTHER WEEKS of the month, IT WILL ONLY BE A ZOOM MEETING.

