



# A BITE OF RECOVERY

\*Behaviour

\*Information

\*Thoughts

\*Emotions

## GRATITUDE



Thanksgiving in Canada is a cultural time of expressing gratitude for the bounties that we experience here. This can be a mixed blessing for people with compulsive eating, since so much of our celebration revolves around large quantities of favourite foods. We would like to explore the many other ways of experiencing thankfulness that support recovery for our members.

As always, be aware that the opinions expressed in this issue do not represent OA as a whole but are those of our committee members and the sources that we use. Take what you like and leave the rest.

### Gratitude Building

For as long as I can remember, I carried so many of the world's burdens on my shoulders. I worried about gas prices, nuke attacks, and the stupid things the men in my life did. I worried that I was ugly and couldn't wear stylish clothes because they didn't come in size "triple-Z." I felt the need to share these maladies with anyone who would listen. Slowly, my circle of friends diminished, as did my circle of mere acquaintances. The lightbulb finally came on one day when I found myself listening to the words coming out of my mouth. Complaint-after-complaint was my entire repertoire. Holy moly. No wonder I found myself alone. I thought to myself, "This girl has got to find a better way!"

I was new to the OA program and spent much of my time reading the Big Book and working my first Steps with a sponsor who was strong and strict, yet loving. But the program had not sunk in. My brain had not yet grasped the Principles, and I continued to complain. Then I started receiving messages at meetings and from my sponsor that, just maybe, if I could find one thing I was grateful for, I might see a flicker of "program light." I couldn't think of anything . . . not one thing.

My sponsor asked me to respond truthfully to a few questions. I agreed. Her first question was, "Did you wake up this morning?" I smiled and said "Yes." "Where were you sleeping?" she asked. "In my bed," I answered. "Did you have breakfast?" she continued. "Yes," I responded, and began to giggle.

Continued on page 2....

“Did you wake up and have breakfast inside a structure?” she asked. “Yes, I did!” I answered in a slightly louder voice, laughing. “Well, then,” she said, “Do you think everyone living on the south side woke up today, woke up in a bed inside a building, and got to eat breakfast?” I answered, “No,” very solemnly. “I don’t think everyone did.” “How does that make you feel about your morning?” she asked. In a low voice, I answered, “Darn lucky . . . and grateful.”

I smiled as I realized my sponsor had just shown me the beginning of my gratitude list. Being grateful for the most basic things in my life, things I took for granted, became the first building blocks of what has become an entire wall of gratitude. I’ve expanded my daily list to include: people, my job, my car, the green lights on my way to work, and the phone calls that come just as I reach for food when I’m stressed; the program tools that help keep fear, anger and resentment at bay; and the fact that I can connect with my Higher Power, from whom I can draw strength, courage and wisdom, anytime and anywhere. I could go on and on.

My life has changed dramatically. I no longer feel the need to complain about the small stuff, or even some of the big stuff. I simply say the Serenity Prayer and turn over all the stuff to my Higher Power. At night, I check my gratitude list, where my recovery is at the top.

— Liz B., Chicago, Illinois USA

©Overeaters Anonymous, Posted in Lifeline November 1, 2018

### **CONVERSATIONS WITH TWO MEMBERS**

Please enjoy our conversation with two of our members, Janine and Brenlee, as they share how they incorporate gratitude into their daily lives.

#### **1. What routine or way have you established to practise gratitude?**

**Janine:** I acknowledge gratitude in prayer and thank my HP for people and places and things that He has put in my life to help and guide me.

**Brenlee:** Since rejoining OA in December of 2022, I do a 10 minute daily guided meditation practice with my husband, called the Daily Calm. At the end of the practice, we each list for each other what we are grateful for. The list changes each day but it’s a very uplifting routine to establish because it helps us to focus on all of our blessings. It automatically calms us and uplifts us.

#### **2. What have you learned about gratitude and how has it helped you in your life and recovery?**

**Janine:** I have learned that the more grateful I am for what I have or what I can do, the more Joy, Peace and Happiness I have in my life.

**Brenlee:** I have always believed in an attitude of gratitude. My amazing late mom raised me from birth on positive thinking which includes appreciating everything good in your life instead of focusing on what you don’t have. OA and its 12 steps align nicely with this philosophy of counting our blessings and accentuating the positive. This approach has been very helpful in my recovery and in my life because by appreciating all the good aspects of life, I stay happier and more fulfilled.

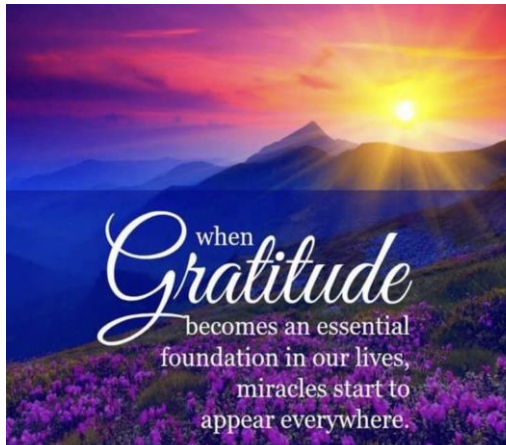
### **Gratitude Prayer**

- ♥ I am enough.
- ♥ I have enough.
- ♥ I do enough.
- ♥ And I have always been enough!
- ♥ I am exactly where I am supposed to be, and so is everyone else.
- ♥ I am exactly who I am supposed to be, and so is everyone else.

© Overeaters Anonymous, “No Stone Unturned, Lifeline,  
Posted May 1, 2018

# GRATITUDE

**G**ive  
**R**eciprocate  
**A**cknowledge  
**T**reasure  
**I**nspire  
**T**hink  
**U**nderstand  
**D**o, and  
**E**xperience it!



Would you like to contribute service to the newsletter?

If you would like to include an article, photograph or image; assist in creating/choosing themes; or give service in another way to our newsletter, please reach out to [abiteofrecoverynewsletter@gmail.com](mailto:abiteofrecoverynewsletter@gmail.com)



## Recovery Day

On Sunday, September 8th, OA Heart of Canada had an information table for the first time at the annual Recovery Day in the Community Resource Tent at The Forks. It was an amazing day of sharing experience, strength & hope with almost 100 people. A lot of them had never heard of OA before but were familiar with other 12 Step Programs, so we were very excited to share that OA is based on the Big Book.

We plan to participate annually, as it's very important to educate more people through our Public Information (PI) Committee and volunteers. If you are interested in volunteering for the HSC Wellness Event on Oct. 18, or would like to be part of the PI Planning Committee for future events, please contact our PI Chair, Gail C at 204-782-5087 or via email at [oainquiries23@gmail.com](mailto:oainquiries23@gmail.com). It's a great way to do service!

“Recovery Day is a national movement committed to mobilizing and organizing Canadians in recovery from addiction and addiction-related problems. Our mission is to build awareness, challenge societal stigma, and celebrate the role that recovery plays in improving life for individuals, families, communities, cities, and countries.”

## Tips for Keeping A Gratitude Journal

Robert Emmons, a leading expert on the science of gratitude and author of some of the seminal studies of gratitude journals, shared these research-based tips for reaping the greatest psychological rewards from keeping a gratitude journal:

- **Don't just go through the motions.** Research by psychologist Sonja Lyubomirsky and others suggests that journaling is more effective if you first make the conscious decision to become happier and more grateful. "Motivation to become happier plays a role in the efficacy of journaling," says Emmons.
- **Go for depth over breadth.** Elaborating in detail about a particular thing for which you're grateful carries more benefits than a superficial list of many things.
- **Get personal.** Focusing on *people* to whom you are grateful has more of an impact than focusing on *things* for which you are grateful.
- **Try subtraction, not just addition.** One effective way of stimulating gratitude is to reflect on what your life would be like *without* certain blessings, rather than just tallying up all those good things.
- **Savor surprises.** Try to record events that were unexpected or surprising, as these tend to elicit stronger levels of gratitude.
- **Don't overdo it.** Writing occasionally (once or twice per week) is more beneficial than daily journaling. In fact, one study by Lyubomirsky and her colleagues found



that people who wrote in their gratitude journals once a week for six weeks quickly reported boosts in happiness afterward; people who wrote three times per week didn't. "We adapt to positive events especially if we constantly focus on them," says Emmons. "It seems counterintuitive, but it is how the mind works."

Learn more at [Tips for Keeping a Gratitude Journal](#) by Jason Marsh at the Greater Good Science Center.

This excerpt is from an article that originally appeared in *Greater Good*, the online magazine of the Greater Good Science Center at UC Berkeley. For more, visit [greatergood.berkeley.edu](http://greatergood.berkeley.edu).

- <https://grateful.org/practice/private-gratitude-journal/>

## Catastrophe Living

I've always related to the idea that my cup was half empty, which was apparent in my behavior. My plate was never full enough. I always had to have a beverage at hand. Anxiety would develop if I thought I was going to run out of something in the cupboard (I still have issues with this, but now it happens with my abstinent foods).

I always anticipated the worst possible outcome in any scenario. My thinking was, if I prepared myself for the worst, I could be happy with any result less catastrophic than the imagined one. I vowed to be grateful—but I never was.

Nothing was good enough. My insatiable desires played with me on every level: I never felt I had enough food, substance, money—or this or that or the other thing. Gluttony was embedded in me. I had to have it all or nothing.

My connection to my HP through OA has changed this character defect. It has re-manifested: my "all or nothing" attitude has become the driving force in my desire to absorb every piece of recovery I can. Perseverance reigns.

Being blessed with what I need liberates me from acting on wants. I don't have to worry about what tomorrow holds. For today, I have a roof over my head, food on my plate, clothes on my back, love in my life, close friendships, a program that works because I work it, and a Fellowship to which I feel akin.

Where else could I be so understood, so accepted, and comfortable enough to share my ugly transgressions without fearing judgment? OA has given me a chance to redeem myself, an opportunity to be a changing person. The beauty is that I only have to do it in intervals of twenty-four hours.

I am overcome with peace of mind, body, and spirit. I don't anticipate tomorrow. But now I am aware: by living the OA Steps, using Recovery Tools, and thanking God for the good graces that

brought me to this new way of living, I have options to face whatever comes my way, now and going forward.

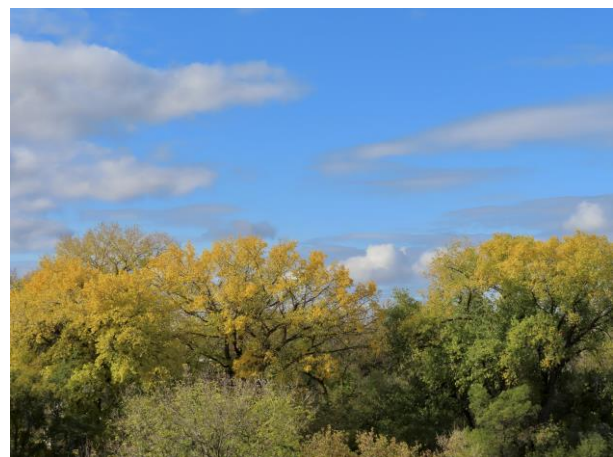
Thank you for your patience in reading my share (rant). A rush of emotion flows through me into my hands, and out comes the negativity I could drown in. Each time I delve into it, I am released from the chains with which I once bound myself. Cleaning up my side of the street, I believe the hole I once buried myself in was no one's fault but my own.

Blessings to all for an abstinent twenty-four hours!

- D.R., Illinois USA  
©Overeaters Anonymous,  
Posted in Lifeline January 1, 2019



NO AMOUNT  
OF REGRET CHANGES  
THE PAST. NO  
AMOUNT OF ANXIETY  
CHANGES THE FUTURE.  
BUT ANY AMOUNT OF  
GRATITUDE  
CHANGES THE PRESENT.



- Photo submitted by Louella

## The OA Twelve Concepts

Most of us hear or read the Twelve Steps and Traditions at every OA meeting, but those of us not involved in OA at the world service level may not be familiar with the OA Twelve Concepts. Although they are designed to describe responsibility designated to World Services, they can be applied to all of us as we provide service to OA at whatever level that may be, even if it is simply sharing at meetings. We present the concepts below and in future issues will explore them and their spiritual principles further:

<b>12 Concepts</b>		<b>Spiritual Principle</b>
1.	The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole fellowship.	Unity
2.	The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.	Conscience
3.	The right of decision, based on trust, makes effective leadership possible.	Trust
4.	The right of participation ensures equality of opportunity for all in the decision-making process.	Equality
5.	Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.	Considerations
6.	The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.	Responsibility
7.	The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.	Balance
8.	The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.	Delegation
9.	Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.	Ability
10.	Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.	Clarity
11.	Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.	Humility

12.	<p>The spiritual foundation for OA service ensures that:</p> <ul style="list-style-type: none"> <li>a. No OA committee or service body shall ever become the seat of perilous wealth or power;</li> <li>b. Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;</li> <li>c. No OA member shall ever be placed in a position of unqualified authority;</li> <li>d. All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;</li> <li>e. No service action shall ever be personally punitive or an incitement to public controversy; and</li> <li>f. No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.</li> </ul>	<p>Selflessness</p> <p>Realism</p> <p>Representation</p> <p>Dialogue</p> <p>Compassion</p> <p>Respect</p>
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### **Gratitude Guide: Early Recovery and Beyond**

Research has shown how important it is to express gratitude (if you want to be happy). Positive psychology not only impacts your mental health, but physical, spiritual and social health too. And for people in recovery—whether that's from addiction to alcohol and other drugs, loss and grief, childhood or sexual trauma, family of origin issues, etc.—gratitude is perhaps the single most important element of their day.

*So if you're asking yourself...*

- "What does gratitude really mean?"
- "How can I be more grateful?"
- "How important is gratitude in sobriety?"
- "Can gratitude prevent a relapse?"
- Or "How do gratitude and positivity rewire the brain?"

...then read on to learn the benefits, get some tips to maximize your efforts and see how it all ties together to form the happiest version of you.

#### **What Life Looks Like with Gratitude**

*Without* gratitude, life is endless work with no real meaning and no detectable results.

*With* gratitude, you can sense how far you've come and where you might go next. Your energy tank refills. You feel a deep sense of pride and accomplishment for all your hard work and good intentions, and you look for opportunities to connect with people, the world, the moment.

Friendships. Coffee shops. Fall browns and spring blushes. Everything feels more meaningful when you practice gratitude because you feel the full weight, worth and significance of everything around you. Talk about hopeful and inspiring!

#### **Gratitude in Early Recovery**

In early recovery, you're still in the discovery phase: You don't understand everything about yourself or your substance use, coping mechanisms and relationship patterns. Not yet. So you need to be patient

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and kind with yourself while you gradually learn about "the exact nature of your wrongs," as described in Step Five, and how to be present, happy and connected in recovery.

In early recovery and beyond, gratitude will help you:

- Motivate yourself to change
- Decommission negative mindsets
- Think and act positively
- Overcome feelings of pity and entitlement
- Regulate emotions
- Build a support network

If you've recently left treatment, or if you're worried about relapsing, gratitude is an especially important part of your coping toolkit: gratitude and anxiety can't coexist.

So whenever your emotions run high, try to find somewhere to extend your thanks and appreciation.

### **How Gratitude Benefits Mental Health and Brain Function**

Gratitude and positive psychology have been demonstrated to:

- Increase happiness levels
- Reduce stress, fear and anxiety
- Inspire motivation
- Boost resilience
- Support emotional regulation
- Activate reward pathways in your brain

### **How Gratitude Benefits Physical Health**

Not only does gratitude change the interior of our minds—making everything lighter, relaxed and more hopeful— it also improves physical health. Gratitude has been proven to:

- Improve heart health, and reduce the risk of heart disease
- Increase physical activity
- Enhance immune function
- Improve sleep quality
- Decrease inflammation
- Reduce pain perception

### **How Gratitude Benefits Social Health and Connection**

In addition to the effects on mental and physical health, gratitude also helps you connect (and feel connected) with others. Gratitude is shown to:

- Activate parts of the brain responsible for feeling empathy and trust
- Increase a sense of connection and belonging
- Increase prosocial behavior
- Strengthen and enrich relationships
- Create a safe and nurturing environment

While some people have strong, pre-existing support systems and communities, those new to recovery might need to search a little. Gratitude will help you seek out these connections and communities, find and feel value in them, and share positive, connecting sentiments with people who have earned your trust. And that support goes everywhere.

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## **Five Easy Ways to Cultivate Gratitude and Appreciation**

### **Write It Down.**

Take a moment each day to express your gratitude. Some people have compiled thousands of entries in an ongoing gratitude list. If you're struggling to think of something, ask yourself:

- What makes me feel lucky or important?
- How have my struggles made me stronger?
- How can I celebrate my inner child?
- What small thing would improve my day?
- What am I most excited for?
- What unexpected lesson proved the most valuable?

Try to think of questions that flip the script on painful narratives, and look for nice lights in which to paint yourself and others. Even the most painful lessons can have beautiful finishes.

### **Seriously, Say Thank You.**

To people, to places, to songs and the skies above: give thanks for the color and sound of the universe, and for the incredible opportunity to witness it all. Just keep giving and saying thanks, even when you feel silly—the rest of you will catch up eventually.

### **Get Creative.**

Find a creative outlet. Put on your boppiest, bubbliest playlist. And let your soul do its work. You could draw, write, paint, garden, smith, smash pumpkins, whatever. Get in touch with your creative side, especially if you haven't before. It's a great way to process tough emotions and trauma, and it's a whole new language to view and express yourself.

### **Try a Gratitude Swap.**

Reach out to someone you like and trust, and ask to exchange gratitude. Bring a list or riff. Tell them what you're grateful for, then listen. When you hear their perspective, when you see where they look for meaning, your mind will respond in kind. You'll notice more things to feel grateful for, and you'll open yourself up to new definitions of goodness and beauty.

### **Go Slower.**

That's it: just slow down. Way down. Make space for feelings. Make room for life. Light a candle, take a bath and breathe. Then breathe some more. Accept the pain. Accept the good. Accept everything that presents itself today.

Then go slowly and thank everything you can think of.

### **Gratitude Works for Everyone—Not Just Sober Folks**

These ideas apply to anyone and everyone—being and feeling grateful just makes life better.

But if you're in early recovery or beyond, it's that much more important. If you're trying to stay sober from alcohol and other drugs, working to process an old or ongoing trauma, or simply hoping to connect and express yourself more authentically, gratitude will help you keep perspective and offer yourself levity and grace while undergoing personal transformation.

- <https://www.hazeldenbettyford.org/articles/gratitude-early-recovery>



### How To Use A Gratitude Jar

When faced with life’s curveballs, it’s often difficult to remember what we’re grateful for. Yet whether it’s special skills or talents, positive attributes, strengths, or supportive relationships, we all have things – big and small – we can practice gratitude for.

Creating a **gratitude jar** is an easy way to do this. Similar to a gratitude journal, a gratitude jar is a designated receptacle for acknowledging, remembering, and savoring the beauty in our lives. Starting one, whether it's on your own, with family, or a partner, can help plant the seeds for thankfulness, and foster the attitude of positive awareness in your daily life.

#### What is a gratitude jar?

A gratitude jar is a mindfulness exercise that allows us to focus on our strengths by acknowledging positive attributes and supports and expressing appreciation for them. In this exercise, you create a special jar filled with meaningful gratitude prompts.

Here's what you need to create one, as well as steps to make yours:

#### Materials:

- Clear jar, such as a mason jar (plastic or glass)
- Art supplies (stickers, ribbons, magazine clippings)
- Slips of blank paper

#### Steps to make a Gratitude Jar:

1. Personalize the clear jar with decorations to invoke positive thoughts and feelings.
2. Write out **gratitude prompts** on the slips of paper:
  - Fill out a few of the prompts to include statements that will always be applicable (i.e. “My favorite family tradition is...”)
  - Leave any prompts that are situational blank (i.e. “I felt happy today when...”)
3. Fold the statements and add them to the jar.
4. Pull out the statements and fill them out whenever you need a boost of positivity.

#### When to use a Gratitude Jar:

- When you wake up in the morning
- Before a stressful event, such as a work presentation, exam, or first date
- After receiving disappointing news, such as being passed over for a promotion, performing poorly on exam, or a romantic relationship ending
- In conjunction with other mindfulness exercises.
- While you meditate
- Before you go to bed at night

<https://blog.zencare.co/gratitude-jar/>



# ***THERE IS A SOLUTION!***

## **HEART OF CANADA OVEREATERS ANONYMOUS 2024 CONVENTION**

### **FRIDAY, OCTOBER 25:**

**REGISTRATION BEGINS AT 6:30 PM**

**KEYNOTE SPEAKER: 7 - 9 PM**

### **SATURDAY, OCTOBER 26:**

**REGISTRATION BEGINS AT 8:30 AM**

**GUEST SPEAKERS: 9 AM - 5 PM**

### **LOCATION:**

**JOHN BLACK MEMORIAL**

**UNITED CHURCH**

**898 HENDERSON HIGHWAY**

**AT ROBERTA AVENUE.**

**WINNIPEG, MANITOBA**

*COFFEE/TEA PROVIDED ON SATURDAY.*

*PLEASE BRING YOUR OWN MUG/TRAVEL CUP*

**PLEASE JOIN US AS OUR  
KEYNOTE SPEAKER SHARES  
HER OA STORY ON FRIDAY  
EVENING AND LEADS A  
SESSION ON SPONSORING ON  
SATURDAY. SHE WILL BE  
JOINED BY THREE OTHER  
MEMBERS WITH MANY YEARS  
OF RECOVERY IN THE  
PROGRAM WHO WILL SHARE  
ON BODY IMAGE, WORKING  
THE STEPS, RELAPSE AND  
HOW TO RECOVER.**



**EARLY REGISTRATION CLOSES END OF DAY, OCT 1ST**

**COST: \$30.00**

**AFTER OCTOBER 1: Cost \$40.00**

**CONTACT: [HEARTOFCANADACONVENTION@GMAIL.COM](mailto:HEARTOFCANADACONVENTION@GMAIL.COM) TO REGISTER, FOR  
INFORMATION AND/OR E-TRANSFER PAYMENTS**

**OR**

**PHONE THE OA HOTLINE FOR WINNIPEG (204-334-9008) AND LEAVE YOUR  
CONTACT INFO.**

**CHEQUES SHOULD BE MADE PAYABLE TO "OA INTERGROUP".**

## ANNOUNCEMENTS

### NEW INTERGROUP LITERATURE REP

I'm delighted to announce that our new literature rep is the amazing Deb B., who has kindly agreed to take on this role and will bring her positive energy, passion for public education and OA sponsorship and speaking expertise to the role. Thank you to the wonderful Gail Cantor for suggesting Deb B. and a very special thank you to the incredible and inspiring Pauline for your outstanding support of the literature rep. It's been a joy to work with you and your help was invaluable to me.

Deb, I know you will be fabulous in this role and thank you again for taking it on so quickly. I really enjoyed my service as literature rep and all of the people I met as a result. It's been an honour to serve in this capacity and I look forward to continuing my OA service as a member of the newsletter committee. For all your literature needs, please contact Deb B. at [debabright@gmail.com](mailto:debabright@gmail.com) or 204-720-4053.

Brenlee



### OA Hotline

Please reach out if you would like to volunteer for the OA Hotline.

Required 3 months of abstinence. If you would like to volunteer for a month in 2025 or be on the list as a backup, please contact Gail Cantor at [oaenquiries23@gmail.com](mailto:oaenquiries23@gmail.com), or by phone or text to 204-782-5087. A great way to do service!



### **“Interrupt anxiety with gratitude.”**

1. Pause. Take a deep breath.
2. In your mind, list 3 good things from the past 24 hours. It could be positive interactions you've had, cheerful emotions you've felt, or upbeat thoughts.
3. Think about what caused those 3 good things.

## ANNOUNCEMENTS, Continued

### Wellness Event, HSC

Friday, October 18<sup>th</sup>

10 am – 4 pm

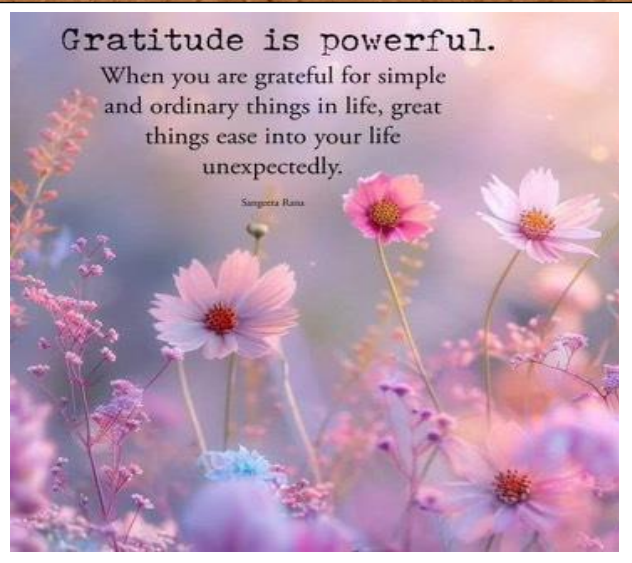
OA has been asked to host a booth at this event which is a wonderful opportunity to reach out to Health Care Professionals and tell them about the benefits of our program.

If you would be interested in volunteering for a two hour segment, please contact Gail C., our Public Information Chair, at 204-782-5087 or by email at [oainquiries23@gmail.com](mailto:oainquiries23@gmail.com).

Gratitude is powerful.

When you are grateful for simple and ordinary things in life, great things ease into your life unexpectedly.

Sangreeta Hans



“Gratitude and love are always multiplied when you give freely. It is an infinite source of contentment and prosperous energy.”

JIM FARGIANO



gratefulness.me

### Mark your calendars!

Our 2024 Convention will be held Friday evening, October 25<sup>th</sup> and Saturday all day, October 26<sup>th</sup>.

Check out the poster on page 10 of this issue or on our intergroup webpage:

<https://oaheartofcanada.ca/>

### THURSDAY MEETING IS BACK TO ZOOM FORMAT ONLY.

Our sincere thanks to Brenlee for having been our literature rep. We were so thankful for your service and the dedication that you showed in doing such an excellent job! Also, thank you for arranging the smooth transition to our new literature rep, Deb B.

### MONDAY MEETING IS NOW FACE-TO-FACE ONLY.

Monday meeting is no longer a hybrid meeting as of June 17<sup>th</sup>. We are meeting only in person now.

Come out and join us at Good News Fellowship Church at 891 St. Mary's Road on Mondays at 7 pm!

We are enjoying our face-to-face meetings again!

## **Quick List of Meetings in our Intergroup**

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

### **SUNDAY: 11 AM – 12 NOON ZOOM Meeting**

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

Meeting ID: 863 772 3075 / Password: WpgF2F

To access the meeting by telephone: Manitoba Telephone # – 204-272-7920 (Long Distance May Apply)

Telephone Meeting ID: 863 772 3075; Password: 616534,

Find your local number: <https://us02web.zoom.us/j/kcrVWVyomyE>

### **MONDAY: 7:00 – 8:00 PM IN PERSON Only**

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

### **TUESDAY: 7:30 – 8:30 pm ZOOM Meeting**

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

Meeting ID: 865 8696 7187 / Password: Freedom

To access the meeting by telephone: Manitoba Telephone # – 204-272-7920 (Long Distance May Apply)

Telephone Meeting ID: 865 8696 7187; Password: 6740807

Find your local number: <https://us02web.zoom.us/j/kcrVWVyomyE>

### **WEDNESDAY Morning: 7:30- 8:30 AM ZOOM Meeting**

<https://us02web.zoom.us/j/86213444550?pwd=UWwhRmZsVHF0d0dadkM0bXdaUGg2dz09>

Meeting ID: 862 1344 4550 / Password: 279813

To access the meeting by telephone: Manitoba Telephone # – 204-272-7920 (Long Distance May Apply)

Telephone Meeting ID: 862 1344 4550; Password: 279813

Find your local number: <https://us02web.zoom.us/j/kcrVWVyomyE>

### **THURSDAY: 7:00 PM ZOOM Meeting**

<https://us02web.zoom.us/j/85248968569?pwd=dWwS2ZS8rU24wckJRMjBqOXk0Z25KQT09>

Meeting ID: 852 4896 8569 / Password: recover

To access the meeting by telephone: Manitoba Telephone # – 204-272-7920 (Long Distance May Apply)

Telephone Meeting ID: 862 2992 6338; Password: 5671699

Find your local number: <https://us02web.zoom.us/j/kcrVWVyomyE>

### **SATURDAY: 10:30 AM HYBRID Meeting on Zoom + IN PERSON**

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

Meeting ID: 863 772 3075 / Password: WpgF2F

ADDRESS: JOHN BLACK UNITED MEMORIAL CHURCH, 898 HENDERSON HWY AT ROBERTA IN NORTH KILDONAN

To access the meeting by telephone: Manitoba Telephone # – 204-272-7920 (Long Distance May Apply)

Telephone Meeting ID: 863 772 3075; Password: 616534

Find your local number: <https://us02web.zoom.us/j/kcrVWVyomyE>

**There are now two face-to-face meetings in Thunder Bay.**

**Sundays from 7-8 pm Eastern Time (Open Meeting)**

**and**

**Wednesdays from 10-11 am Eastern Time (Closed Meeting).**

**Please check out full information at <https://oaheartofcanada.ca/oa-heart-of-canada-calendar/>**

**HEART OF CANADA MESSAGE LINE: 204-334-9008**

**EMAIL: [oaenquiries23@gmail.com](mailto:oaenquiries23@gmail.com)**