



A BITE OF RECOVERY

*Behaviour

*Information

*Thoughts

*Emotions

FOOD NEUTRALITY



“Food neutrality” in the wider world describes not seeing foods as “good” or “bad” - thus aiming to help relieve people of the moral baggage associated with eating less healthful foods. In Overeaters Anonymous, it has a different meaning that is described so beautifully in the Big Book (below). Please enjoy this issue on this topic. Find hope in the stories of others’ discovery of Food Neutrality!

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.

From an Anonymous Member: Thoughts on Food Neutrality

Big Book Pages 84-5:

"And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition."

Food Neutrality

These Big Book promises are what I wanted for myself when I joined OA in 1986. I had seen those promises work for friends of mine who were in Alcoholics Anonymous, and I wanted those promises to come true for me as a compulsive eater.

But I didn't really understand the context for these promises. It took me seven years of on-and-off recovery and relapse before I finally accepted the simplicity of the Big Book's approach to addiction and how that applied to my compulsive eating. Over 31 years ago, after accepting that approach and working the Twelve Steps, I was given, and continue to experience, the miracle of food neutrality described in the Big Book.

Continued on page 2....

For OAers there are obstacles in the journey to neutrality.

1. Not taking our addiction seriously:

I personally did not have to overcome this obstacle. I could easily accept that my compulsive eating addiction is a life-or-death matter, that it is serious, just as serious, as any other addiction. Many compulsive eaters see the dramatic effects of other addictions—the psychoses that occur with ingestion, the disastrous decisions that change lives, the physical effects that takes lives. But then they look at their own addiction which for most of us is a slow process of deterioration that not only shortens our lives, but gradually makes our lives very difficult to live.

The lack of dramatic effects has led many of us, however, to look at our addiction as not being that serious, and therefore we do not take our Twelve Steps that seriously. We may find love and understanding beyond our wildest dreams, but we do not feel that urgency to work the Twelve Steps as powerfully and quickly as we can. We are often embarrassed by our addiction because it just doesn't seem that serious. But it is!

Luckily, I didn't have that particular obstacle. I knew how deadly my compulsive eating was. I had seen members of my family die slowly but surely, deteriorating year by year, from diabetes and heart problems. So I was convinced from the outset that I had a life-or-death addiction. And over the first seven years in OA, I continued to take my addiction seriously. But I did face the other obstacles.

2. Understanding what our addiction problem is:

The Big Book's definition of the addict, also described in several OA publications (notably the OA 12 & 12 and the pamphlet, A New Plan of Eating) is that we are caught in a vicious circle of addiction.

On the one hand, once the addict begins to indulge in substances or behaviours that cause uncontrollable cravings in them, they can't stop indulging in those substances or behaviours. Sure, they might manage to stop for hours or days, but they ultimately succumb to those cravings and want more. And "more" is never enough. The addict's experience shows that these cravings will always arise once the substances or behaviours are indulged in. They are disabilities which any sane human being would simply accept and live with, just as people who have physical disabilities or medical problems learn to accept, adapt and live with them.

But the addict does not accept the reality of these cravings, So—on the other hand—even if the addict has managed to abstain from those substances or behaviours for a while and they no longer feel the cravings, their mind keeps giving them excuses for returning to those substances. These excuses can be very emotionally deep (trauma, difficult circumstances, depression, loneliness) but can also be insanely trivial (it's free, they made it for me, I've been good for a week/day/hour/five minutes, a little bit won't hurt). The mind finds a reason that makes sense in the moment. And we cannot control our mind. It just keeps coming up wit excuses to allow us to forget the reality of our situation.

In a nutshell: the addict can't stop once started, and they can't stop from starting. This is the vicious circle, the "double whammy" that Dr. Silkworth described, that explains all failed attempts to deal with our eating problems. We can't change the cravings, but we can change our minds.

Continued on page 3....

In many cases, compulsive eaters can be aided and abetted by health-care professionals and diet advisors who tell them that once they lose their weight (if overeaters) or gain their weight (if undereaters) they can eat anything in moderation. (They can also be aided and abetted by other compulsive eaters who tell them what they should be abstaining from, rather than encouraging them to work that out on an individual level. More about that later.)

3. Working out what OAers have to abstain from:

During my seven years of relapse, I could not accept that certain foods, ingredients, combinations of ingredients and eating behaviours caused me compulsive cravings, and that I had to abstain from those things because once I started to indulge in them I could not stop over a period of time.

I thought my problem was just binge eating and that—as all the diets I had ever been on told me— I could go on a diet and lose weight, work the Steps, and I wouldn't want to binge eat. I didn't accept that I also had to work out which foods and ingredients and eating behaviours I had to stop indulging in. I had to figure out, for myself, what caused my uncontrollable cravings, and abstain from those things. The method of abstaining is what OA calls a Plan of Eating.

This can be a huge obstacle for many OAers. The group conscience of OA, as expressed through our World Service Business Conference, is that working out a Plan of Eating should be done on an individual basis. I can eat what other people can't eat, and vice versa. Even though there may be a great deal of overlap among many OA members' Plans of Eating, we each have individual issues and should not accept an outside analysis—whether from health-care professionals, diet consultants, books about problem foods, or our own sponsors—without doing our own analysis.

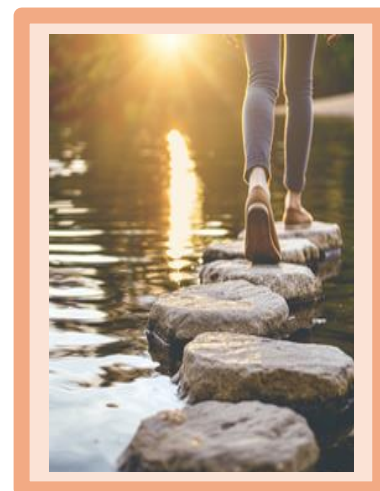
Unlike many Twelve Step fellowships, OA welcomes anyone with an eating addiction, and our eating addictions run a spectrum - from specific substances through to combinations of ingredients to various eating behaviours. Some of us may have one specific substance we have to abstain from; some of us may have one specific eating behaviour we have to abstain from; and probably most of us, like me, have a combination of specific substances, combinations of ingredients and eating behaviours we have to abstain from.

Within OA, too many people accept other people's Plans of Eating without thinking about it.

Those Plans of Eating may "allow" a particular addict to continue to indulge in an ingredient that causes them uncontrollable cravings, and thus keep that addict inside the vicious circle. That was certainly my problem within my first seven years in our fellowship. I went on diets, worked the Steps, lost weight, and then returned to just a measured amount of foods that I had given up during that diet. But once I started those measured amounts, they gradually become unmeasured and huge amounts, because the cravings started up again.

4. Understanding what the solution to our addiction consists of:

The solution is simple: the **Twelve Steps** get rid of the mind problem. They allow the mind to accept the reality of the uncontrollable cravings. The Twelve Steps provide the sanity promised in Step Two.



Continued on page 4....

The recovered addict's mind doesn't come up with excuses, whether deeply emotional or simply insane. The recovered addict remembers that to indulge in the substances or the behaviours that have caused them uncontrollable cravings will bring back those uncontrollable cravings, so the recovered addict doesn't want to enter the vicious circle.

So it is the Twelve Steps that provide this sanity—not group support, not unconditional love and understanding, not going to meetings, not daily contact with a sponsor, not getting involved in service, not praying daily. If our problem is that our mind plays tricks on us, we have to change our mind. Millions and millions of addicts have found that the Twelve Steps change their minds from insanity to sanity.

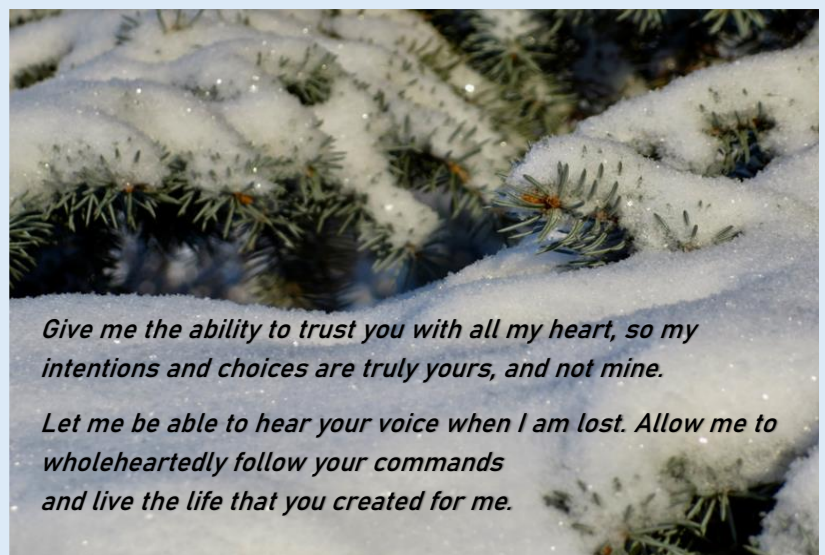
Working the Twelve Steps while abstinent results in a sane mind. A sane mind does not try to persuade the addict that the addict can now indulge in something that will put them back into uncontrollable cravings.

In a nutshell, the Twelve Steps require us to analyze what our own defects of character are and how they have affected other people, to make up for any harm we have done without harming anyone else in that process, and to change our reactions to life. We have cleaned up our lives. We have a present to live, and a future to look forward to. We have been given a way to make our past experiences helpful to other people, and to feel useful in our lives. We are connected to what we most deeply believe in, and that connection gives us sanity, a direction in life, and a purpose for living.

This is exactly the miracle described by the Big Book's discussion of neutrality. It is what I have been given, a day at a time, for over 31 years. I can't describe how miraculous I feel each time I find myself having absolutely no interest in the desserts or the fatty foods that other people eat in my presence, how miraculous it feels when I can be happy for someone else's enjoyment of something that I used to indulge in but abstain from, how free I feel from my addiction.

I owe it all to the Twelve Steps of Overeaters Anonymous. So long as I continue to keep in fit spiritual condition, so long as I continue to live according to my deepest beliefs, so long as I am able to be useful to others, I know that I will continue to experience the miracle of food neutrality.

Our thanks to Louella for the winter pictures in this issue.



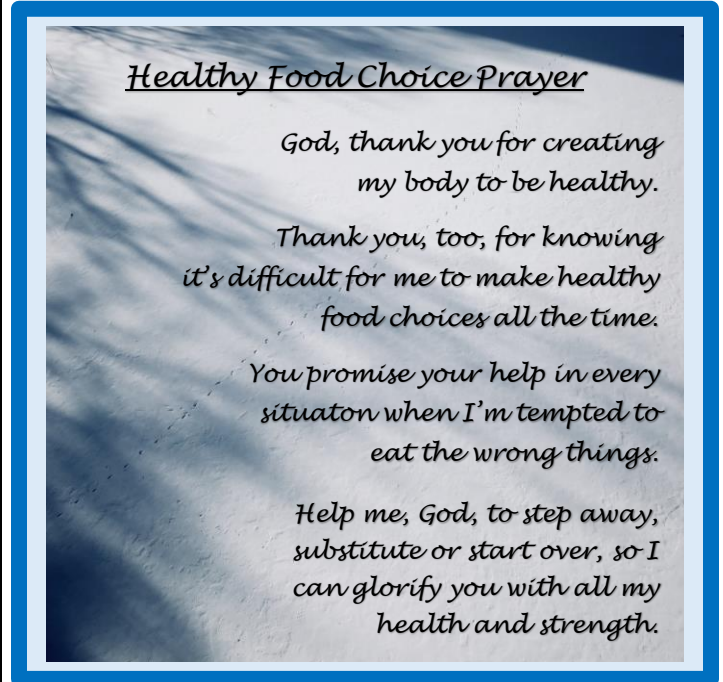
Healthy Food Choices Prayer

(Summary of Article: <https://prayerideas.org/health-food-choices-prayer/>)s

As you are attaining food neutrality, most members will need assistance from their Higher Power to maintain abstinence. It is important to always remember that we have the responsibility to do the action, which is making the eating choices which keep us from our trigger foods and behaviours. These action plans are suggested:

- **Step Away:** Reduce exposure to tempting foods. Avoid certain sections of the grocery store and having tempting items visible. During social gatherings, hang out in an area away from the buffet table. If you cannot physically remove yourself, engage in something other than eating. You can help with setting the table, clean up or focus on really talking with the other guests.
- **Substitute:** Choose the option that is in line with your plan of eating when faced with choices while eating out or in your own home when other people's foods are around.

- **Start Over:** Forgive yourself and start over if you do not make the right choices. Do it immediately rather than waiting until tomorrow or Monday.
- **Pray:** Ask your higher power or fellows in the program to help you with cravings and to take actions to stay abstinent.



CONVERSATIONS WITH TWO MEMBERS

Please enjoy our conversation with two of our members, Pam M. and Debbie B. (Hands of Hope Meeting), as they share how they work their program to have food neutrality in their daily lives.

1. Tell us a bit about your OA Journey. Have you achieved food neutrality and at what point in your recovery did you attain it?

Pam M.: My journey with Overeaters Anonymous (OA) began in 1985. At that time, my local group consisted of only two regularly attending members who had achieved abstinence. While I admired their success, they were not particularly warm or welcoming, which left me feeling out of place. Adding to my sense of detachment was my resentment toward organized religion; this resistance led me to avoid any step that referenced "God." Looking back, I can laugh at my stubbornness and how resistant I was to embracing the steps.

Even in those early years, I understood my compulsive relationship with certain foods and recognized that my eating behaviours were far from "normal." However, despite this awareness, I drifted in and out of OA. I often found myself trying the latest diet or "weigh and pay" program, only to return to OA because I inevitably slipped back into compulsive eating. The weight never stayed off permanently, and my unhealthy relationship with food persisted.

Continued on page 6....

The turning point in my recovery came in 2001 when I joined another 12-Step fellowship. This experience transformed my perspective on spirituality and the 12 Steps. I became open to the concept of a Higher Power of my own understanding, and with this newfound reliance, my life began to shift. As I was freed from another addiction, I saw how profoundly this approach could also impact my journey in OA. I returned to the program with a new sense of purpose, humility and willingness to work the steps.

Food neutrality has been a reality for me at different periods of my recovery—sometimes for years at a time—but I can't point to a single moment when it "clicked." For me, achieving and maintaining food neutrality is a process that requires consistency and honesty. It happens when I refrain from compulsive foods, nurture a deep connection with my Higher Power, actively work the steps, practise mindfulness and remain truthful with myself about my behaviours and intentions.

Today, I view my recovery as an ongoing journey. Food neutrality isn't a destination but a state of balance and peace that I strive for daily. The principles of OA continue to guide me toward freedom, and I am grateful for the tools that make this serenity possible.

Debbie B.: I first came into OA when I was in my mid to late 20s. I went through the steps and believe I was in the program for about five years at that time. I did lose weight. I did have a sponsor. I had a limited understanding of a higher power at that time. When my life changed and my marriage broke up, I stopped going to meetings and remember several months later taking my first compulsive bite of sugar. I was away from the program for almost 25 years, regained all the weight and added about 40 more pounds before I was able to make my way back.

Yes I am food neutral. It happened almost immediately upon returning to OA. Prior to coming back, I was obsessively counting calories and thinking about food—trying to control it. From the first meeting I came back to, I stopped that behaviour and started to eat 301, made a trigger food list and started working on my steps with a sponsor. I often feel like I have x-ray vision where only foods I can safely consume show up to me. I do believe this is a gift from my higher power and a result of long-term absence of trigger foods in my eating.

2. What does food neutrality mean to you?

Pam M.: Food neutrality, to me, is a state of peace and serenity in my relationship with all types of food, including those that once triggered my compulsive eating. It means being able to see, smell and be around these foods without them influencing my decisions or behaviours. They hold no power over me because I simply choose not to engage with them.

This neutrality stems from being spiritually grounded and consistently abstinent. Over time, I've developed the habit of not allowing those foods into my life, and as a result, there's no internal debate or consideration when I encounter them. My trigger foods no longer feel like options, and I am fortified against the pull of that first compulsive bite. Ultimately, food neutrality is about freedom—a state where food serves its purpose without dictating my emotions or actions, allowing me to live in alignment with my spiritual practices and recovery journey.

I am keenly aware of the value of food neutrality because, not so long ago, I experienced a brief period of relapse and lost the freedom it provides. That experience reminded me how powerful and liberating neutrality can be. Thankfully, I am now back in a place where food is no longer calling to me, and I am once again living with the peace and clarity that food neutrality brings.

Continued on page 7...

Debbie B.: Food neutrality to me is that I can be around my trigger foods and don't want to eat them, they don't exist to me. I bake with my grandchildren and have no desire to eat the finished product. I feel I am very protected and safe in God's care. I have asked my higher power for the willingness to not eat my trigger foods and he has complied.

3. What OA tools/action plan has helped you achieve/maintain food neutrality?

Pam M.: The most essential tools and actions that have helped me achieve and maintain food neutrality are working the steps, maintaining abstinence, attending meetings, giving service, and working closely with a sponsor. Each of these components plays a critical role in keeping me aligned with my program and fostering a healthy, peaceful relationship with food.

Debbie B.: Maintaining food neutrality has happened through using all the tools of the program - speaking with a sponsor regularly, submitting my food plan weekly, being open and honest with people in and outside of the program about food, talking openly about my food addiction, consistently working the steps of the program and committing to service and sponsorship. OA and my higher power have to be the foundation of my life. There is no other option or I will not keep the gift I have been given.

THE OA CONCEPTS

The OA concepts are the principles that govern OA service bodies at the intergroup, regional and world service levels. They correspond to the principles of the steps and traditions and can help us all in our approach to living our lives and serving our fellows with integrity. In this edition, Concepts 1 and 2 are discussed:

Concept 1: The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

***Spiritual Principle: Unity
(Step 1: Honesty, Tradition 1: Unity)***

Unity is an important value for any person who wants to enjoy the benefits of social groups of all kinds. Social groups can include families, work places, political or religious institutions and fellowships of people who have any common interests. As human beings, we all need some degree of social contact and the feeling of belonging. The benefits of social groups include camaraderie in good times, support in times of difficulty, or the ability to create institutions and plans that can enhance our collective knowledge, prosperity and creativity, to name a few.

The corresponding principle of Step 1 is honesty. We are honest with ourselves that we cannot manage our compulsive eating, so need to have a strong, unified OA to help us find recovery.

Not all groups of people work together cohesively and harmoniously, and indeed, many members of OA have experienced negative interactions in many social groups. People can jockey for power, control, status and financial gain and hurt other group members in the process. As people in recovery, we are learning to live according to the Twelve Steps, which includes learning to recognize the value of every other person as well as ourselves and to discuss differences with respect in order to come to consensus on issues.

OA does not just vote on issues and go with a 51% or greater majority; it seeks consensus through dialogue to determine the group conscience. This means putting aside our resentments and hot button issues and asking our higher power to guide us to act in ways that are not rigid and harmful, while still having the courage to stand up for principles that are important for us. In this way honesty and unity must work together.

Continued on page 8...

Concept Two: 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.

***Spiritual Principle: Conscience
(Step 2: Hope, Tradition 2: Trust)***

This further develops what we are seeking in Concept 1. By having a governing body made up of the group rather than by a personality or elite

cohort, there is a unified vision of how OA functions at any given time. In this way, members can trust that there is a well-thought-out program wherever they go within OA that conforms to the most important elements while reflecting diverse opinions and convictions. It is not cast in stone, as is seen by changes in the OA program over time, but is still always founded on the Twelve Steps. In this way, members can continue to have hope as they see others who have benefited from a program that is not in any way watered down.

Phone Marathons

- Saturday, December 21, 2024, Winter Solstice – Face Everything and Recover
- Tuesday, December 24, 2024, Christmas Eve – Acceptance is the Answer to all My Problems Today
- Wednesday, December 25, 2024, Christmas Day & Hanukkah – Food Is Not My Real Problem
- Thursday, December 26, 2024, Boxing Day and Kwanzaa – Let Go and Let God, How am I Letting go Today?
- Sunday, December 31, 2024, New Year's Eve – Recovery is Worth Working For
- Monday, January 1, 2025, New Years Day – Are You Sharing Your Gratitude?

Meetings every hour from 8:00 am to 12 midnight ET (UTC -5)

Phone: 1-712-432-5200 Conference ID: 4285115#

[Long distance charges could apply unless you use an internet app such as WhatsApp or Viber]

Sponsored by The Virtual Intergroup



<https://rove.me/to/winnipeg/christmas-lights?gallery=>

STEP STUDY WORKSHOP

OA CREATIVE REPRIEVE WAY

Register at oa.org

Register at oacr.net

SAVE THE DATE

3:00PM PT
5:00PM CT
6:00PM ET
4:00PM MT
10:00PM GMT
11:00PM CET

2025
JAN 16 - APRIL 24
THURSDAYS *6PM-8PM ET

Advance Registration Required
REGISTRATION OPEN CLICK HERE
NOW THROUGH Sunday, Jan 12, 2025

ALL OA MEMBERS ARE WELCOME

CREATIVES AND NON-CREATIVES

SPECIAL FOCUS ON THE PRINCIPLES

SPECIAL FOCUS ON LIVING THE STEPS

CREATIVITY, The Unofficial Tenth Tool
www.oacr.net
oacrstepstudy@gmail.com

* FEB 20, 2025
STEP 4 INVENTORY, 6-9PM ET

OVEREATERS ANONYMOUS
Westchester United Intergroup
oahws.org

SERENITY WEDNESDAYS OA MEETING

HYBRID

TIME 1:00 - 2:00 PM ET

ONLINE:
ZOOM ID: 469 700 084
PASSCODE: 121212

IN-PERSON:
St. Augustine Episcopal Church
6 Old Post Road North, Croton-on-Hudson

VISITORS WELCOME

FOR MORE INFO: (917) 648-0826

Join the Food Forum Fellowship WhatsApp Group

A place to commit a daily plan of eating, find a food sponsor, team up with a food buddy to swap daily plans with, share recipes, food issues, and, most importantly, a place to share experience, strength, and hope.

Send your first name and last initial to Diane T: (914) 659-0192
sinnerinrecovery@gmail.com

OVEREATERS ANONYMOUS
Westchester United Intergroup
oahws.org

OVEREATERS ANONYMOUS
GREATER NEW YORK METRO INTERGROUP
SPECIAL EVENTS COMMITTEE

HAPPY New Beginnings

Speakers share about new beginnings that have transformed their lives in recovery. Q & A and shares to follow.

Sunday, January 19th, 1-3pm ET (UTC-4)
Zoom ID: 840 8195 8572
Passcode: 803054

SPECIALEVENTSOA@GMAIL.COM



DIVINE DREAMS IN December


Speakers inspirational recovery stories
Followed by Q & A and Sharing

Sunday 12/22/2024, 1-3pm ET

Zoom ID: 840 8195 8572
Passcode: 803054



specialeventsoa@oanyc.org

Call for Abstinence Stories

Overeaters Anonymous is seeking new stories/creative works of personal experiences with abstinence. Submit your story to our *Lifeline: Stories of Recovery* blog. Submissions published on *Lifeline* may be chosen for publication in a new book. Your experience, strength, and hope can help others as they walk the path to recovery!

OA Abstinence and Recovery Statement
Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.

Share your experience...

1. What were your early days of abstinence like? What else changed besides the food?	If so, how is your abstinence different now compared to when you first started in OA?
2. When you let go of the food, what did that make room for in your life?	7. How have you maintained your abstinence around those who don't understand your commitment?
3. How do you get through difficult times without turning to food?	8. Has your cultural/racial/religious background had an impact on your abstinence?
4. How do you encourage and support others who are new or struggling with abstinence?	9. If you have experienced relapse, what helped you regain your abstinence?
5. How has OA service supported your abstinence?	10. I'm grateful for my abstinence because...
6. Has your abstinence changed over time?	

To submit your story/creative work, go to lifeline.oa.org and click on "Lifeline Submission Form" by January 1, 2025.

IMPORTANT RULES:

- Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
- Submissions are not returned.
- All submissions must contain the author's full name and address, but you may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate.
- Submissions of approximately 1,500 words or less are preferred.
- All languages welcome!



Cleveland Central Intergroup's New Year's Day Marathon

January 1, 2025: 9:00 am - 3:00 pm

Begin the new year with hearing an inspiring speaker give their lead, each hour on-the-hour. This event is online via Zoom.

Meeting ID: 273 862 8468
Password: recovery12

ANNOUNCEMENTS

INTERGROUP LITERATURE REP

For all your literature needs, please contact Deb B. at debabright@gmail.com or call/text to 1-204-720-4053.

Intergroup has produced our newsletter, "A Bite of Recovery" for the last three years. Here is a link to access our previous issues and to subscribe to our newsletter as new issues are produced:

<https://oaheartofcanada.ca/abiteofrecovery-newsletter/>.

We are always looking for volunteers to serve on the Newsletter committee or to submit articles, pictures, etc. Please contact us at abiteofrecoverynewsletter@gmail.com.

OA Hotline

OA Hotline: The phone number people call to inquire about the program if they looked it up online before going to the website. Gail C. is the Intergroup Chair for the OA Hotline. Please consider volunteering for the OA Hotline for 2025. April-Oct are open.

Service Position Requirements:

1. 1 month of continuous abstinence the month prior to volunteering with a one month commitment of abstinence while answering the calls.
2. Must be attending OA Heart of Canada meetings.
3. Will speak to the intergroup phone representative at the start of the month of service to obtain the most up-to-date OA Hotline Kit.
4. Will pass newcomers' information on to the intergroup phone rep.

Great opportunity to practice your tools & do service! If you have further questions or would like to volunteer, please contact: Gail Cantor, oinquiries23@gmail.com, or by phone or text at 204-782-5087.

OA PUBLIC INFORMATION COMMITTEE

The OA Public Information (PI) Committee is the organizing body from our Intergroup that finds ways to carry the message to those who still suffer (Step 12) and also to reach out to Health Care Professionals to inform them about our program.

Over the last three years, with the help of volunteers, the PI Committee has participated in the Wellness Expo at the Convention Centre, Recovery Day at The Forks and the Health Expo at HSC.

If you are looking for a way to do service, please consider joining the PI Committee. If you have further questions or would like to volunteer by joining our committee, please contact Gail Cantor at oinquiries23@gmail.com or by phone or text at 204-782-5087.

Wellness Expo 2025

Winnipeg Convention Centre

Saturday, February 15 - Sunday, February 16

We still have a few openings left to fill on both days, so please consider volunteering. A great opportunity to practise our tools and do service!

Please click on the link to sign up for a time slot:

https://docs.google.com/spreadsheets/d/1-8Mmiz20EjLhbiG0_OnH1kpCXsmBxryrw0mKyGO0FY/edit

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/8637723075>

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/86213444550?pwd=UWhsRmZsVHF0d0dadkM0bXdaUGg2dz09>

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/86213444550>

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

<https://us02web.zoom.us/j/86213444550?pwd=UWhsRmZsVHF0d0dadkM0bXdaUGg2dz09>

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/86213444550>

THURSDAY: 7:00 PM ZOOM Meeting

<https://us02web.zoom.us/j/85248968569?pwd=dWs2ZS8rU24wckJRMjBqOXk0Z25KQT09>

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/85248968569>

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/8637723075>

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

Sundays: 7-8 pm Eastern Time (Open Meeting)

&

Wednesdays: 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: oinquiries23@gmail.com