



A BITE OF RECOVERY

*Behaviour *Information *Thoughts *Emotions

Setting Loving Boundaries

Very often, when OA members do their Fourth and Fifth steps, they begin to realize that their resentments are related to poor personal boundaries. They have either allowed too much permeability, resulting in feeling perpetually put upon by others, or they have tried to eliminate all life stress by setting overly rigid boundaries. Or a combination of the two strategies!

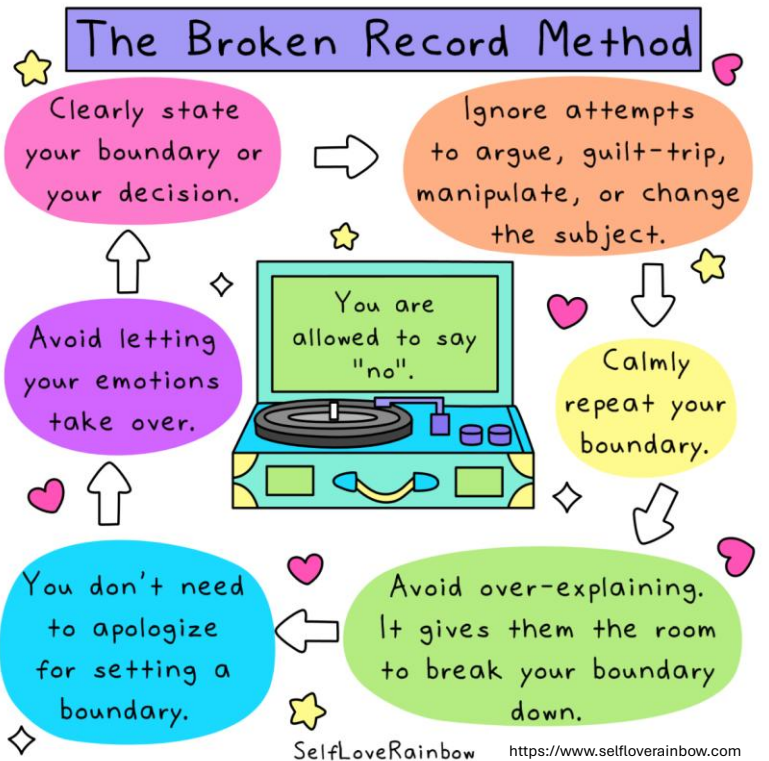
Regardless, a lack of clear, kindly-stated and enforced boundaries may lead to inner disturbance that interferes with recovery from a compulsive relationship with food. Bad feelings that arise can ultimately lead to seeking solace from one's "alcoholic" foods and food behaviours.

We present this issue of a BITE of Recovery to explore personal boundaries and provide suggestions that may be helpful to your recovery.

As always, please 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 we use. Take what you like and leave the rest.

What is BOUNDARY

- Be aware
- Of what is
- Unacceptable and
- Normalize saying no
- Do what is best for you
- And know that it is not your
- Responsibility to sacrifice
- Yourself for others



Setting Loving Boundaries: Beginner's Point of View

One day, something happened—again. It wasn't the first time, but it was the time that finally gave me the push. Having completed Step Four, I saw with new eyes the patterns I'd been avoiding. Even I, an anxious people-pleaser, couldn't postpone the realization any longer; *this can't go on*. Something had to change.

Among other things, I needed to set some boundaries.

Whew! While that realization brought a little relief, it also overwhelmed me. I wanted to double back. *Boundaries*—such a scary word. Where do I start? What do I say? Won't I seem selfish?

What helped in that moment was saying a short prayer or affirmation, then treating those fearful questions like spam: flag them and send them to the junk folder of my mind. Spam can be persistent, true— but so can I.

After doing some reading on the topic, I tried a boundary phrase that really resonated with me: "*What an interesting thing to say.*" I used it at the very next opportunity—and it worked! A miracle happened. I felt happy and confident. But just as quickly as the confidence came, guilt came knocking. And I answered—by retreating to the shadows and stuffing my mouth with sweet treats.

Maybe you've felt this too—that moment when doing something right feels somehow wrong. Clearly, I needed a new approach. So, after more soul-searching and a few sessions with a therapist, I began to see something I'd never named before: in places where I don't set boundaries, resentment grows. By constantly bending to others' needs—without ever really wanting to—I was quietly pushing people away.

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Finding Balance: Setting Personal Boundaries

Personal boundaries are the lines I draw for myself based on my level of comfort around others. I have learned that boundaries are not something I set up to force a person to behave differently. Instead, it is about how I will act or respond. I frame my boundary by saying, "I don't appreciate when I am spoken to in this manner. If you continue to treat me this way, I will need to leave."

On page 67 of the Big Book (Alcoholics Anonymous), it says, "When a person offended we said to ourselves, 'This is a sick man. How can I be helpful to him? God save me from being angry...'" I notice it says "when" a person offended, not if. I am a human living with other humans; someone will offend me, it cannot be avoided. What I need to avoid is anger and resentment.

We are reminded throughout the OA and AA literature that we cannot control other people's behaviour. Therefore, it does not make sense to me to instill boundaries that are outwardly directed to make another person act differently. I do need to communicate that there is an issue, and what I will do if the behaviour continues, and then I need to follow through on what I said I would do.

Several years ago, I noticed a pattern with a friend—she frequently cancelled plans last-minute, avoided answering my calls, and it seemed she was only available when it suited her. The final straw for me came when she cancelled an hour before a concert, leaving me to attend alone or not go at all. A few days later I explained that I would no longer prioritize our plans and instead focus on friendships where commitments were honoured.

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By acting the way I thought I was *supposed* to, I came across as uninterested or even rude. Which, of course, made me feel even worse.

Step Four helped me recognize those patterns. Setting boundaries became a way to stop hurting others unintentionally—and to stop abandoning myself.

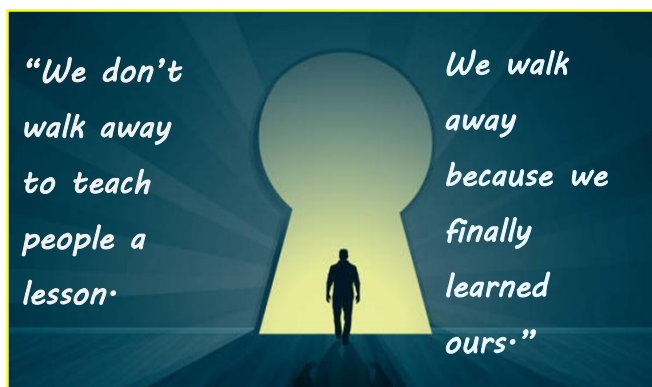
So, I've set out on a new path. Now I'm practising setting boundaries that will benefit not only me, but the people around me too. I still don't know exactly how to do it perfectly—but I do know *why* I'm doing it; to someday, somehow, become a more open and happier version of myself.

If you're further along this path, maybe you remember what this part feels like. If you're just starting, I hope this helps you feel less alone.

I don't have to be perfect.

I just have to be willing.

- Nataliia Y.



Years later, life brought us closer—we had children around the same age and similar schedules, making it easier to spend time together. When her marriage faced hardships and ended, I supported her emotionally for two years.

Then I went through a major depression. I reached out, but she was often unavailable, didn't respond to my texts for days, and repeatedly cancelled plans. I prayed and realized we had done this dance before. I also realized that our lives had changed, and that she was investing her energy elsewhere. I was hurt and angry at first but came to accept it and accepted her as she is. Her behaviour was hurtful, but not intentionally cruel.

Nevertheless, my personal boundary remains firm: I now make less space in my life for her. I have shifted my focus and prioritized relationships that are more balanced, where both parties consistently show up and support each other emotionally.

As I navigate relationships, I must recognize that boundaries are acts of self-love rather than ultimatums. They invite clarity and allow me to make choices that nurture my emotional well-being. If someone consistently disregards my boundaries, it is up to me to adjust—not to change them, but to uphold myself with integrity. How I respond shapes the relationships with those I truly cherish and who also cherish me.

- Anonymous

Healthy Program Boundaries

The Tenth Tradition, like so many other Traditions, keeps OA meetings focused on the OA message of recovery through the Steps, Traditions, and Tools. It sets a healthy boundary as to what is appropriate to say in a program setting and discourages digression into outside issues.

I've learned about setting healthy program boundaries by seeing the Traditions in action at meetings. I try to keep the program message clear when I speak, whether it is during meetings, in casual conversation before or after the meeting, or on the phone. If I mention a personal issue that I might eat over, I make sure my share includes how I use OA Principles to deal with the problem. What I might say casually off topic could give someone an excuse to stay away from the rooms or divert them to the latest diet, exercise plan, or spiritual quest—all of which failed to help me become and remain abstinent over time.

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The boundaries that I've learned about in the rooms have helped me experiment with setting healthy boundaries in all parts of my life. I have seen that unnecessary controversy robs me of my peace of mind and separates me from the people with whom I am trying to build relationships. But I have to be careful not to use this Tradition as an excuse to avoid sharing my opinion, especially when my Higher Power lets me know that it's important for me to do so. Stuffing down my feelings is something that will eventually take me back to stuffing it all down with the food.

- Anonymous

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Concept 4:

The right of participation ensures equality of opportunity for all in the decision-making process.

Principle: Equality

To me, this concept is so important, both on a personal level and as a member of the group in OA. One of the reasons that our meetings continue to function well, is the awareness that—from newcomer to long-time member—we all have an equal right to be heard and represented. By keeping this concept in mind, we ensure that no one can take over our meetings and try and change things to their liking, thinking that their way is best.

I am so grateful that in our program, we honour the right of every member to speak and be heard. I have participated in many meetings/committees outside OA that were controlled by a few individuals and found that very little was accomplished.

Something that my father used to say, from the time I was a small child, really reminds me of the gift and strength of the OA program when we practise the 4th Concept. He always said, "Remember, someone is never too old to learn something new, and no one is too young that we cannot learn from them." This concept reminds us that we must ensure that all members know they have the right to be heard.

- Pauline K



Stay kind, but set boundaries too.

In this way, you can love others while also taking care of yourself.

Just for Today

What is hard by the yard is a cinch by the inch.

You know it's not my normal habit,
Lord to live for one day at a time.
For I've supposed that setting goals and
making long-term plans to be the better
way to keep a handle on a busy life.

And so there is a tendency to juggle with
the weeks and months ahead, rather
than to focus all my energies upon the
now. But at the moment, Lord, the
future seems too much to grapple with,
and so I ask that you will give me what
I need to cope with life, just for this day.

Just for today, Lord, will you please give
me patience to live and work in
harmony with those who seem to want
to thwart me at every turn.

And I need perseverance, Lord, to press
on with a job I find distasteful. Humility
to help me to accept that at the moment
it seems your place for me is to be just a
little cog within a large machine.

And while my heart and mind are under
pressure, help me today to gently tend
my body, and meet its short-term needs
of sleep and rest as well as exercise and
food, rather than become despairing
because I cannot tackle all its flaws at
once.

Just for today I give you my "to do" list,
Lord, and ask for help to tackle just one
thing at a time beginning with the most
important; even if that might not appear
to be the job that's clamoring for my
attention.

Help me to stick with that task, Lord,
until it's finished, and move on to do the
next, working steadily in harmony with
you, just for today.

- Marion Stroud

Dear God, It's Me & It's Urgent:

<https://www.goodreads.com/book/show/41573092-dear-god-it-s-me-and-it-s-urgent>



Better for Both

In managing food addiction, there is no "putting it up on a shelf and never touching it again;" it's an ongoing challenge to keep food within boundaries that are now set and kept. For me, it is also the same with sex. I have to keep my thinking within certain healthy boundaries whenever I think about sex or myself as a sexual being. It took me quite a while before I came to value myself enough to be honest about how my sexuality was a huge part of my eating disorder.

As my eating practices cleaned up, I found it very difficult to set boundaries with people I was close to. I'd never been good at it. It was painful, practicing boundary-setting with my lover because I'd not been able to do it before, and they weren't used to it when I did. They got pissy and the whole thing kept turning into more issues to eat over. @#\$\$!

I was already married when I finally decided to conquer this big eating hurdle. I believe I really do have an obligation to be present for my partner in a sexual way—to me, that's part of being married. So I attended a women's meeting in L.A. that had an emphasis on sexuality. Thank God for the strong women in that room who were willing to be totally honest about how things really were for them.

In that women's group, I was able to heal and learn how boundary-setting and sexuality are linked. Healthy sex for me entails not getting into my head about what my body looks like.

Continued on page 6...

I learned that my partner doesn't see what I see when I look in the mirror. They choose to be with me sexually because they accept who I am physically (which was way more than I could accept myself at first). The hardest sexual boundary for me was to stay out of my head and in the moment, focusing on what I was enjoying right then. It helped to close my eyes when my mind went to a negative thought. When I reopened my eyes, I put my focus back on what I was enjoying. I took the things I wasn't enjoying to my women's group, and they taught me how to talk to my partner outside of sexual encounters about what was good for me and what wasn't and to balance the discussion by acknowledging both.

Egos are fragile. When it comes to being intimate with someone, it really is our most vulnerable moment emotionally. Sometimes our discussions would lead right to the bedroom; other times they'd leave us both sad and angry. But the key was this: before we left the discussion, we both agreed we wanted sex to be better— not just for one, but better for us both. I felt so damaged and vulnerable during all this. Thank God he loved me enough for both of us at that time.

Now I can say (after twenty years of marriage) sex is still imperfect and so is my body. Today, when I have a discussion with my partner about sex, I always approach it with these words in mind: be kind and helpful in my attitude. It really has made sex greater.

- Lynn

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Summary of

How to Set Healthy Boundaries with Anyone: A guide to setting limits with parents, partners, friends, and co-workers.

By Michelle C. Brooten-Brooks LMFT <https://www.verywellhealth.com/setting-boundaries-5208802>

Personal boundaries protect an individual's autonomy in the following realms:

Physical: You have your own sense of comfortable personal space and when and who may enter it.

Sexual: You have the right to control who, when and what you do to be intimate with another person.

Intellectual/mental: Your ideas, beliefs and thoughts may be different from another's and you deserve to be treated with respect despite this.

Emotional: Your personal and emotional details should not be belittled, minimized, or disclosed against your will.

Material/Financial: You have the right to determine if you will give or lend others money or use of property and if you choose to do so, they should respect your property as you wish.

Time: You may set limits on your time based on your needs and priorities.

Clear boundaries are directly stated, flexible and adaptable. They are determined and maintained with warmth and respect.

Rigid boundaries are closed and inflexible causing a feeling of isolation and lack of engagement and limiting opportunities. They may be there to control others rather than to protect oneself.

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Open boundaries are fuzzy and it is hard for people to have their needs met or respect others' needs because it is not clear or consistent where they lie.

Healthy boundaries allow us to set limits, communicate our wants and needs, respect others' values, beliefs and boundaries. They allow for open honest communication about what we can and cannot do for the other person.

Unhealthy boundaries compromise safety in the relationship such that people cannot communicate their limits, needs and wants and feel that their values and beliefs are at risk. They can include oversharing, coercion, and, ultimately, abuse. People who grew up with people who don't respect boundaries may have difficulties as adults.

Everyone has a unique sense of their boundaries and so, must be clear when they feel that people are encroaching. When our boundaries are crossed we often feel uneasy mentally or physically (irritable, restless and discontent).

How to Set Healthy Boundaries

Boundaries can be thought of as stop signs in your life. Where you put your stop signs and what you consider "crossing the line" will vary based on your beliefs, values, cultural customs, and family traditions. Here are a few things to think about when you're setting boundaries:

- **Goal-setting:** Ask yourself questions like "What is the goal in setting a boundary or needing to set a boundary?"
- **Start small:** Setting boundaries can be hard and uncomfortable. The key is to start small and focus on one at a time.
- **Be clear:** Focus on what you want as clearly as possible.
- **Practise:** If thinking about setting a boundary makes you nervous, write out what you want to say beforehand or practise stating a boundary in the mirror.
- **Keep it simple:** Less is more with boundary setting. Try not to overload someone with too many details at first. Just pick the main thing that is bothering you and focus on that.

General Guidelines for Discussing Boundaries:

Resist reactivity by talking when you feel calm rather than in the "heat of the moment".

Avoid "you" statements, instead focus on your own feelings and desires.

Be fully present; put down the phone and set aside time.

Be respectful; anticipate that others may push back against your assertiveness and recognize that you cannot control their response but can stay cool and keep the tone civil and clear despite this.

Don't "ghost" or avoid; nothing will change unless you directly let the other know your needs/wants.

Avoid gossiping. While it is important to discuss things with others to get perspective, make sure you are not putting the other person down as it can get back to them and cause more damage.

Set boundaries for yourself and stick to them.

If it is work related, utilize your higher chain of command to mediate if you cannot resolve things directly with a co-worker.

Boundary Exercises

When you set boundaries, you're communicating to others how you want and expect to be treated. Here are a few exercises that can help when you feel tongue-tied.

Use "I" statements:

- I feel _____ when _____ is said to me.
- When _____, happens, I feel _____.

When you feel disrespected:

- I don't like the way I'm being spoken to right now.
- I would like to talk about this but now is not the right time.
- I would prefer to discuss this when we can be calmer about it.

Buy yourself some time:

- I'm not sure right now. Can I come to you once I've thought about it?
- I need more time to think, but I will get back to you.

When you want to say "no" with a little more explanation:

- I would love to, but my plate is really full right now.
- I would if I could, but I'm unable to help with that right now.
- I really appreciate the invitation, but I'm not interested in participating.

Seeking consent with sexual boundaries:

- Are you okay with this?
- Do you want to continue?
- Are you comfortable if I _____?

For further reading consider:

<https://psychcentral.com/relationships/what-are-personal-boundaries-how-do-i-get-some>

<https://positivepsychology.com/great-self-care-setting-healthy-boundaries/>

<https://www.goodlifeproject.com/articles/how-to-set-boundaries/>

Boundaries

It's not my job to:

- Heal others.
- Please others at my expense.
- Make it work if the effort isn't mutual.
- Continuously compromise .
- Tiptoe around you.
- Anticipate your needs.
- Change myself to your liking.

It is my job to:

- Heal myself.
- Listen to my needs and my desires.
- Respect myself and my time.
- Be my true authentic self.
- Set healthy boundaries that protect my energy.
- Leave when I'm not being valued.
- Say "No" when it's not in alignment.
- Be mindful with my "Yes".

Conscience Acceptance

Before program, I was conflict-averse. (I don't enjoy conflict now, but before, I used to really run from it—physically, if possible, or emotionally.) Basically, when things got ugly, I'd panic and check out. Because my compulsive disease can also be contradictory, I'd often display the opposite trait, pushing to get my way, in group decisions.

If the group went against me, I would acquiesce but then seethe with resentment. Thanks to OA's tradition of following the group conscience, I have experienced tremendous recovery in this area. I'm so grateful for this shift in my personality.

The first time I had hands-on experience with how the group conscience works was in my home group's business meeting. A contentious issue came up, and one long-timer strongly disagreed with the proposed change. I was riddled with anxious thoughts. "What if she gets angry and never comes back? What if this particular meeting falls apart because of this issue? I like her. I like this meeting! What in the world should I do about all these feelings in the air? How do I fix this?" Clearly, I was a newbie!

The long-timer accepted the change with grace. She kept coming, the meeting stayed strong, and the world didn't end. It turns out it wasn't my job to fix anything, and evidently it was okay to have strong feelings if they were expressed respectfully and the group conscience was accepted.

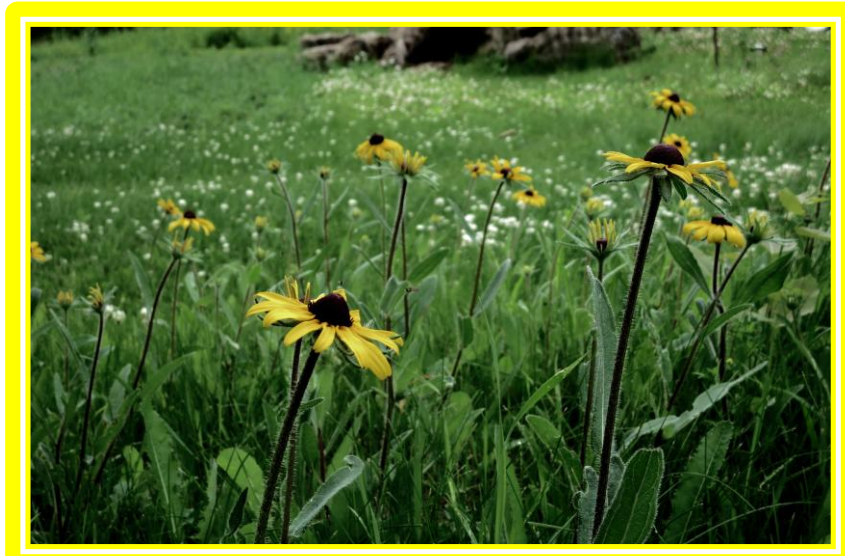
Later in my recovery, I made a proposal at a home group business meeting that wasn't adopted. By this time, I had more experience in program and had made a lot of progress working the Steps and following the Traditions. I listened, truly listened, to the fellows who opposed my idea. Guess what? When it came time to make the group conscience decision, I opposed my own idea!

Before OA, I never would've been so open-minded that I could hear opponents of my idea make their points. I would have been so caught up in pride and self-will that I'd have stuck with my idea till the bitter end.

It's said in these rooms that the Steps teach us how to keep from killing ourselves and the Traditions teach us how to keep from killing one another. For me, both show me how to be relieved of the bondage of self and receptive to HP's will for me and my fellows.

— Susan P., Chapel Hill, North Carolina USA

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Photos by Louella

From Hazelden Meditations

I insist that men shall have the right to work out their lives in their own way, always allowing to others the right to work out their lives in their own way too.

- Giuseppe Garibaldi

Is there a secret place in our heart that still believes we can control others and force them to change? Do we find ourselves hanging onto the hope that our lives will get better when others change and do things our way? Or have we learned that the only person we can change is ourselves?

We have the power to set limits on the hurtful behaviour of others. We have the right and responsibility to clearly let others know our limits. And when someone continues to be hurtful to us, we can find a way to step out of that person's circle of pain.

But in letting go of the need to change others, we liberate ourselves. We are responsible for our own lives, and are free to let other people be responsible for themselves. This is a wonderful new freedom that will greatly enrich our lives.

Today, let me believe that trying to force changes on someone else is a waste of life's energy. Help me to change me.

Before I built a wall I'd ask to know what I was walling in or walling out.

- Robert Frost

Walls can protect us but they can also isolate us. There are times when it is in our best interest to detach from someone we love. Whether they are hurting us or themselves, the best thing we can do is build a wall. We can learn, for example, to stop rescuing and shielding our children from the consequences of their behaviours. Building such a wall says, "I am here for you, but there are limits on what I will do for you."

Sometimes building walls is the only way to change. Walling off a certain person or walling ourselves in may not feel so good at first. We may meet with fierce resistance. It looks very much out of character to those who want in. But we can trust our instincts on this, and know that we have a choice. No wall need be permanent. No wall need be built without a door. Walls, for a time, can be just the thing we need to heal.

Today, let me trust the walls I build. Help me see what and where to build them and to break them down.

Boundariēs^ Can Sound Like...

- I'm not able to attend this year.
- I don't feel comfortable attending if so-and-so will be there.
- I appreciate the invite but this year I'll be staying home.
- I would love to bring that dish but my schedule is full. Maybe next time?
- I can't make it. Can we plan something later this year?
- Thank you for thinking of me but I can't.
- I can come but I have to leave by...
- I feel un-comfortable when...
- I'm not discussing politics.
- I don't feel comfortable talking about that right now.
- I can host, but I need volunteers to help with...
- I need some time to decompress upstairs/ in my car/ outside.
- My weight is not a topic for discussion.
- I'm focusing on my mental health & doing xyz...
- I can do xyz instead, would that work?
- Last year was stressful, could we try...

SelfLoveRainbow

Did You Know?!?

Did you know that there are a wealth of special events and meetings that can be accessed on the OA website?

Events: Most Intergroups hold some special workshops, retreats, or conventions. Various topics and themes include: working the steps, writing, exploring the OA spiritual principles, body image, and literature among many other topics. To access the calendar, which includes all of the intergroup events, go to <https://oa.org/event-calendar/>. It clearly indicates which events are live, virtual and/hybrid.

If you feel that your program needs an injection of life, attending one of these events can be inspiring and revitalizing!

Specialized Meetings: The Overeaters Anonymous website <https://oa.org/> is well indexed to allow you to easily find specific types of meetings. Simply go to the home page and type in what you are looking for. (Example; “12 Step Meeting”)

You will be shown a number of meetings that have your key words. We’ve listed below some key words that may help you find what you are looking for.

Related to identity: Some people may feel that they would like to meet with people who have similar life issues. For example, sometimes men are more comfortable not always being in predominantly female groups. Other specialty groups may include those suffering from anorexia/bulimia, those with other health issues or disability, youth, morbid obesity (100-pounder), etc.

Related to focus: Different groups have different focuses and you may feel that you need to pay more attention to one aspect of your recovery. Examples include: relapse, Big Book study, body image, writing group, prayer or meditation group, step study, etc.

If you don’t even know what you are looking for, go to the “Find a Meeting” tab and put in your time zone, preferred language and the day that you would like to attend. You can browse the in-person, on-line, telephone and non-real-time meetings (examples of non-real-time meetings are email or bulletin loops, social media pages, bulletin boards or forums, and mobile applications.) that are on offer.

You might be astounded to see the great variety of meeting focuses and formats that are available world-wide. Surely at least a few will match your needs and fit into your schedule.



ANNOUNCEMENTS

Save the Date:

Saturday, October 18th

Convention

Winnipeg

Check out the poster on Page 13 for full details

Please welcome our new Vice-Chair of our Heart of Canada Intergroup, Nancy M. We are delighted that she has joined the Executive.

A reminder that there is no longer a meeting on Thursdays.

Please refer to page 14 of this newsletter for up-to-date info on all meetings.

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 for more information.

Back issues can be found at:

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

Our next issue will focus on: **Humility**

We need volunteers for one of the events we attended last year and will do so again this year: **Recovery Day Winnipeg at The Forks**. This year, it will be held on **Sunday, September 7th**.

Recovery Day is a national movement that is committed to mobilizing and organizing Canadians in recovery from addiction and addiction-related problems.

Please consider joining the Public Information (PI) Committee.

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.

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 C. at oinquiries23@gmail.com or by phone or text at 204-782-5087.

OA Hotline

Voice Mail System

OA Hotline: The phone number people call to inquire about the program if they looked it up online before going to the website. Please consider volunteering for the OA Hotline.

Service Position Requirements:

1. One 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.

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

STRONGER TOGETHER

BUILDING BONDS IN OA

**HEART OF CANADA
OVEREATERS
ANONYMOUS
2025
CONVENTION
Cost: \$20.00**



SATURDAY, OCTOBER 18, 2025

REGISTRATION: 9:00 - 9:30 AM

PRESENTATIONS: 9:30 AM – 4 PM

(LUNCH BREAK 11:30 – 12:30)

PLEASE JOIN US TO HEAR OUR FOUR PRESENTERS AS THEY SHARE THEIR EXPERIENCE, STRENGTH AND HOPE IN THE PROGRAM.

LOCATION:

**JOHN BLACK MEMORIAL UNITED CHURCH
898 HENDERSON HIGHWAY AT ROBERTA AVENUE.**

WINNIPEG, MANITOBA

COFFEE/TEA PROVIDED, PLEASE BRING YOUR OWN MUG/TRAVEL CUP

PLEASE FEEL FREE TO BRING YOUR LUNCH

(PAY AHEAD OR ON THE DAY)

CONTACT: HEARTOFCANADACONVENTION@GMAIL.COM FOR INFORMATION AND/OR E-TRANSFER PAYMENTS.

CHEQUES SHOULD BE MADE PAYABLE TO “OA INTERGROUP”.

Quick List of Meetings in our Intergroup

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

All meeting listed are on Central Time

SUNDAY: 11 AM – 12 NOON (CT) 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 (CT) IN PERSON Only

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

TUESDAY: 7:30 – 8:30 pm (CT) 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 (CT) 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>

SATURDAY: 10:30 AM (CT) HYBRID Meeting on Zoom + IN PERSON

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

Meeting ID: 863 772 3075 / Password: WpgF2F

ADDRESS: JOHN BLACK MEMORIAL UNITED 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>

HEART OF CANADA VOICE MAIL MESSAGE LINE: 204-334-9008

EMAIL: oainquiries23@gmail.com