



A BITE OF RECOVERY

*Behaviour

*Information

*Thoughts

*Emotions

HUMILITY

Humility is the spiritual principle of Step 7: “Humbly asked Him to remove our shortcomings.” Turning the negative ways that we have attempted (and often failed) to manipulate our lives over to our Higher Power requires this attitude of humility. We are told that we can no longer be the director. Rather, we must open our hearts and minds to new ways of dealing with our troubles so that we can be useful to others. We humbly present this issue with hopes that it helps you as you seek this wonderful quality.

“True humility is not thinking less of yourself; it is thinking of yourself less.”

- Rick Warren, *The Purpose Driven Life: What On Earth Am I Here For?*, 2002

Below are passages from the chapter on Step Seven in *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, Second Edition:

“Step Seven calls for us to adopt an attitude of humility.” “In OA we learned that low self-esteem was not at all the same as humility. In fact, a poor self-image keeps us in bondage to self and thus makes it impossible for us to find true humility.”

“In OA, we have discovered that humility is simply an awareness of who we really are today and a willingness to become all that we can be. Genuine humility brings an end to the feelings of inadequacy, the self-absorption, and the status seeking. Humility, as we encounter it in our OA Fellowship, places us neither above nor below other people on some imagined ladder of worth. It places us exactly where we belong, on an equal footing with our fellow beings and in harmony with God.”

My favorites among the literature are *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* and the AA *Twelve and Twelve*. Both books have helped me, especially with Step Seven. I struggle so much with the character defect of pride, and I find the antidote in the Principle of Step Seven: humility. Humility is simply awareness and willingness.

Before OA, I didn’t even know how to define humility, much less “work it.” Now, almost every day, I say, “Humility is simply awareness and willingness.” That information is straight out of the Step Seven teaching in the literature.

I’d thought humility was something so different! I’d thought humility was something you either had or didn’t, and I certainly didn’t. Now I see: as I surrender in Step Three (not a one-time surrender, a daily surrender), God gradually and graciously teaches me and gives me a growing awareness, a growing “as-needed” willingness, and a corresponding, slowly-expanding capacity for humility. Progress, not perfection

— Edited and reprinted from Common Bond newsletter, Western Michigan Intergroup, May/June 2014, <https://lifeline.oa.org/step-seven-save/>



From Shame to Humility

Before working Step 7, I thought I already understood humility. I believed I saw the world—and my place in it—realistically. I hadn't done any great evil, but no great good either. I floated somewhere in a socially accepted middle, trying to be fair, to see the situation through other people's eyes and, just in case, apologizing often.

But caught in the thrall of my patterns, I overlooked how often I downplayed my strengths or simply hid—thinking I was doing the right thing and being *humble*. In truth, I wasn't serving anyone, including myself.

Being in the program helped me become more self-aware without beating myself up and realize that this was *false humility*. To reach *true humility*, I first had to start addressing toxic shame. Since then, I've been practising:

- Acceptance – acknowledging imperfections and vulnerabilities as part of being human.
- Forgiveness – learning to forgive myself and others for past mistakes.
- Self-compassion – treating myself with kindness and understanding, especially when I fall short.
- Connection – reaching out to OA members, feeling safe to be vulnerable, and receiving love and support.

These practices, among other things, help me move beyond feelings of inadequacy and embrace my true self.

“As we gain new humility and ever greater freedom from our character defects, God's power flows more surely and freely through us, bringing healing to others as well as ourselves, and drawing to us all the things we once fought so hard to attain: self-esteem, a feeling of usefulness, joy, strength to surmount difficulties, fellowship, and love. Our simple prayers, humbly spoken, are answered in wonderful ways as we open our lives to God's transforming power, and we find that, once again, God does for us what we could never do for ourselves.” — OA 12 & 12, Step 7, p. 56

– Nataliia Y

Being Human

Tradition Twelve brings the concept of equality to my mind. I hear that members of Twelve Step programs come from everywhere—from Park Avenue to the park bench. No one is more important than anyone else, and our outside status is of no consequence. A program member can recover despite his or her race, religion, or financial status. We exclude no one.

The idea of equality helped me. I used to spend a lot of time comparing myself to others and usually losing. I compared my importance, financial status, and past history of addiction to those of others. It took a long time before I believed I am equal to others. I think one of the reasons this happened is because I heard the Twelfth Tradition over and over at meetings.

Tradition Twelve also reminds me that OA is spiritual, and I seem to need constant reminders of things important to my well-being. This program differs from the diets I followed because I rely on a Higher Power instead of willpower to keep me sane about my food and body size.

The subject of placing principles before personalities is also inherent in Tradition Twelve. This state of mind keeps my anger, judgment, and controlling nature in place. It also protects the survival of the Fellowship.

I am not in OA because I am completely well; I wouldn't be at meetings if I were. I believe I am a spiritual being having a complex and difficult human experience. Since this is probably true for everyone else as well, I must learn to allow others and myself the opportunity to grow, change, make mistakes, have successes, sometimes act elegantly, and sometimes be a mess. I think part of the meaning of Tradition Twelve is allowing ourselves to be human.

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CONVERSATION WITH TWO MEMBERS

Please enjoy our conversation with two of our members, Linda B and Nancy, as they share how they incorporate understanding humility into their daily lives and their OA program.

1. Tell us a little of your history as a compulsive eater.

Linda B: I believe I've been a compulsive eater since I was a child. We were discouraged from expressing our feelings, especially if they were what's considered negative feelings. So when I was upset, I went to the cookie jar, which was always understanding and accepting. As I grew up, I used food more and more to stuff my feelings.

First, I binge ate occasionally. Pastries, cookies and cakes were my favourites, but if I was desperate, anything would do. The older I got, the more often I binged. I never learned a healthy way to deal with problems so I used an easy, unhealthy way - eating. For a long time I maintained only having 20 pounds of excess weight. However, as I ate more often and larger amounts of food, my weight increased accordingly. Eventually, I binged every day, starting when I came home from work and ending when I went to bed. I would get to the point where I couldn't eat anymore so I told myself if I wait an hour, I can eat again, and I did. Eventually, I was 150 pounds overweight. I had trouble bending over, tying my shoes and doing ordinary tasks. I tired very easily.

A friend brought me to OA and I knew that's where I belonged. I lost weight and kept it off for a couple of years. Then I decided I could do it on my own and we all know how that works. I gained it all back and kept it on for several years. Then I developed diabetes and I knew I had to lose weight so I came back to OA. I wish I could say that I'd stayed on this straight and narrow ever since, but I have been in and out of the program, struggling with relapse several times.

I now, however, have lost all the excess weight. I'm maintaining a 150 pound weight loss. I now have a healthy way to solve problems - the steps. And I gain no weight from doing them and I don't beat up on myself. I just accept responsibility for what I've done wrong. I am so grateful to God and to this wonderful program.

Nancy: My compulsive eating began in early childhood, rooted in anxiety. I found comfort in highly processed, sugary, fatty foods—they were my drug. Despite being active in sports, I secretly binged on unhealthy food, always feeling it wasn't enough. I lived in denial for decades, not recognizing the damage until I was diagnosed with Type 2 Diabetes at 45.

I tried extreme diets and underwent both lap-band and gastric sleeve surgeries, but neither helped. It wasn't until I met my trainer Christine in 2003 that things changed. She guided me with food choices and helped me break my obsession with the scale. I lost 90 pounds and eventually a total of 132 pounds. Christine retired, and Jenn became my new trainer in 2023—both are in my will because they both have saved my life.

I joined OA in November 2023. I don't know my exact abstinence date, so I use January 1, 2025. Step 4 took time, but I'm grateful I worked through it.

Continued on page 5...

Check out these other three OA website/lifeline stories on humility/Step 7:

<https://www.aacle.org/step-seven-is-a-conclusion/>

<https://www.recoveryconnection.com/step-7-overview/>

<https://lifeline.oa.org/step-seven-the-importance-of-working-all-twelve-steps-podcast-series/>

2. How has your understanding of what humility is changed since you started in OA?

Linda B: My understanding of what humility is has changed drastically. Before OA humility, to me, meant shame and embarrassment. It was definitely something to be avoided at all costs. Now humility means salvation in this program. It means I willingly admit I'm not in charge. God is. I turn to him for guidance and help. I admit I can't handle my problems on my own, but He can. What a relief – the burden is lifted from my shoulders.

Nancy: Humility now means shifting focus from myself to others. OA service helped me step away from anxiety and food obsession. Through the 12 Steps, I realized I was part of a group that got better and vowed to help others.

3. How has better understanding humility enriched your life?

Linda B: This new understanding of humility has given me abstinence and allows me to be calmer and more understanding and forgiving of others and of myself.

Nancy: Abstinence wasn't just about food—it was about changing what was inside me. That internal shift has been profound. Service has become my lifeline. I even put my name in for Vice-Chair at Intergroup—not just to help, but because I adore Christina, our Chair. I often forget my title and just call myself Christina's Assistant, which feels perfect. I am also Christina's friend.

Instead of obsessing over food that was killing me, I now give my time, energy, and love to others who share this addiction. It's a life of loving kindness. How lucky am I? How lucky are we all?



From the desire of being esteemeddeliver me
From the desire of being loveddeliver me
From the desire of being extolleddeliver me
From the desire of being honoureddeliver me
From the desire of being praiseddeliver me
From the desire of being preferred to othersdeliver me
From the desire of being consulteddeliver me
From the desire of being approveddeliver me
From the fear of being humiliateddeliver me
From the fear of being despiseddeliver me
From the fear of suffering rebukesdeliver me
From the fear of being calumniateddeliver me
From the fear of being forgottendeliver me
From the fear of being ridiculeddeliver me
From the fear of being wrongeddeliver me
From the fear of being suspecteddeliver me
That others may be loved more than Igrant me the grace to desire it
That others may be esteemed more than Igrant me the grace to desire it
That, in the opinion of the world, others may increase and I may decreasegrant me the grace to desire it
That others may be chosen and I set asidegrant me the grace to desire it
That others may be praised and I go unnoticedgrant me the grace to desire it
That others may be preferred to me in everythinggrant me the grace to desire it

- Modified from Litany of Humility by Rafael Cardinal Merry del Val y Zulueta

Light Wash



Step Seven: Humbly asked Him to remove our shortcomings

I have a habit of checking how clean a drinking glass really is by holding it up to the light. A glass that looks so clean when out of the bright light can actually be very dirty, covered in fingerprints and all sorts of marks—it's not fit to drink from. It makes me think of my character flaws and shortcomings and how well-hidden they can be.

From the outside, I can appear so clean and pristine in subdued light. I say, "Look at me . . . no flaws that I can see. I'm just fine, thanks, God."

But he insists I be held up to his light. I reluctantly agree, and all is revealed—the stains, the marks, the prints upon my soul, the habits, and the defects all glaring in clear light. It is shocking to see me as I really am, not as how I think I am.

But the great news is that Step Seven is all about humility. We humbly ask God to remove our shortcomings: to wipe us clean, wash us in his truth, and cleanse us of shortcomings that are ruining our lives. If we humbly ask, we receive—it works every time.

If I want my metaphoric glass kept clean and sparkling, I go to God in humility and ask him to remove those stains upon my character. He never fails me.

Of course, the odd smear will keep appearing now and again on my glass, but now I know what to do about it and how to contact the source of all the help I need in the cleaning process. What a blessing! Thank you, God and OA!

— Paulette N., New Zealand

July 1, 2018, © Overeaters Anonymous Lifeline:
<https://lifeline.oa.org/light-wash/>

The OA Concepts:

Concept 5:

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

Spiritual principle: Consideration

In my mind this concept is important in creating dynamic and inclusive service bodies within OA that have the flexibility to reconsider past decisions and opinions. But it also serves as a metaphor for the process of recovery itself.

Do we not constantly re-examine our long-held beliefs with the input of our sponsors and fellows as part of our step work? It is through this methodical consideration of our judgements of ourselves and others that we can begin to see things less rigidly and perhaps be able to completely reframe them.

We are all subject to error of judgement and may need, on occasion, to re-set our spiritual compass in order to determine a truer opinion and, thus, course of action.

The word "consideration" doesn't just mean the act of reflecting on, but also the act of demonstrating respect towards others. In this way it is an even more powerful spiritual principle, because it implies that this process of re-examining beliefs and judgements be done with care and love towards ourselves and others.

As a person who has tendency to judge both herself and others harshly, I feel relieved to be a part of a fellowship that supports the principle of consideration as part of its larger structure all the way down to the individual member. I can draw upon it in my own recovery journey, as I support other individual members and when I perform service.



<https://leadershipfreak.blog/2018/08/20/>

HOW TO Cultivate Humility

Self-Assessment

01

Take time to assess your strengths and weaknesses honestly. Reflect on the gifts God has given you and how you can use them to serve others and glorify Him.



02

Avoid False-Humility

Recognize that denying your talents is not humility. Use your gifts confidently, knowing that they are from God and meant to be used for His purposes.

Balanced Living

03

Strive for balance. Don't seek the spotlight, but don't hide your light under a bushel either. Aim to be effective in your service without seeking personal glory.



04

Continual Growth

Humility involves recognizing that we're all works in progress. Commit to continual personal and spiritual growth, seeking wisdom and guidance from God.



To Ask

Humility has been a challenge for me. In the past, I think my focus was on feeling humble; I would try ways to make myself feel humble. I would change my facial expression, body language, and words to control myself into feeling humble. Maybe I was trying to control others, so that they would see me as humble.

I've had new insight when reading Step Seven: Humility is not a feeling at all! It is an action. This is a program of action. To ask is a concrete action demonstrating humility.

To be truly open to the answer, whether it is yes, no, or maybe, is to trust and have faith. To receive a "yes" to my asking and fully appreciate it is a gift of gratitude. To receive a "no" and receive it without anger is a gift of acceptance. To receive a "maybe" to my asking and to be able to wait is a gift of patience. To ask is to admit that I need help and that I can't do it alone.

To ask is to be vulnerable because I bare my soul and express what I need. To ask puts me in relationship with God and my fellows.

This is a spiritual program and a "we" program. Together we can do what we could never do alone.

- Maureen T., Canada

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<https://lifeline.aa.org/to-ask/>

HUMILITY

Honest

Understanding

Mentoring

Introspection

Loving

Integrity

Thoughtful

Yearning (for the best path)

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

Dear Lord, I often try to pray for others,
but today it's me—
not my husband or children
or even my friends —
who stands in need
of an audience with you.

You look at me and see the turmoil, Lord.
The endless questions
going round and round
inside my head.
It seems impossible to stay
the least bit calm or trusting
when all around me
is heading for disaster.
Only you
can give me the capacity
to stay unruffled
within the centre
of the storm.

Everything that is within me, Lord,
wants to rise up
and yet again
to try and take this situation by the throat;
forcing things
and people into line,
even though I know
that that's impossible.

Please help me to accept the fact
with grace and cheerfulness,
setting to work
upon the blind spots in my own life
before I start to criticize
those in other people.

But there are things
that are within my orbit
where I can make a difference.
Please show me what these are
and give me the courage, Lord,
To get to grips
with issues that may make me
less than popular
with those whose good opinion I still value;
discerning the difference
between doing the thing that pleases you
and that which simply panders
to my opinion
of how the world should be.

— Marion Stroud, Dear God, It's Me and It's Urgent

Recovery Day

On Sunday, September 7th, OA Heart of Canada had an information table for the second 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 Committee and volunteers. If you are interested in volunteering to be part of the PI Planning Committee for future events, please contact our PI Chair, Gail C at 204-782-5087 or 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.”





Humiliation is being embarrassed by circumstances, while HUMILITY is dealing with those circumstances honestly and figuring out ways to navigate them.

Humility and Honesty

Step Nine required humility and honesty, and moved me into action. Working this step made me anxious even though I was ready. I asked my Higher Power to guide me and give me courage to make amends appropriately. Most of all, I wanted a positive attitude, simplicity, and personal discipline.

Although It was not easy to focus only on my part in the various events, situations, or incidents that required me to make amends, it wasn't necessary to worry about other people's participation and reactions.

Some were open-minded, others didn't recognize the situations described, and some mentioned additional shortcomings. The exercise was not always easy, but it was liberating. Finally, I was experiencing some peace with myself and others.

After working Step Nine, I began building solid and balanced relationships with myself and others, "One Day at a Time."

- Reaching for Personal Freedom, Al-Anon

Did You Know?!?

We all have days when we need to go to a meeting. Maybe there is no meeting going on at the time you need one or you are driving and can't stop to attend a meeting. There are great podcasts and videos to watch or listen to on oa.org at any time of the day.

Click on the links below or try putting "Overeaters Anonymous" into your podcast app of choice to find more audio materials. Podcasts indicate whether or not they are OA approved.

1. OA was founded on January 1960. Listen to **Rozanne S.**, the founder of OA: <https://oa.org/podcasts/founder-recordings/>.
2. Wondering about the different ways of doing service in OA? Check out the **Inside OA** Podcast Series: <https://oa.org/podcasts/inside-oa/>.
3. Listen to interviews with members in recovery from compulsive eating, readings of some of OA's literature, and recording of OA meetings: <https://oa.org/podcasts/interviews-readings-and-meetings/>.
4. Listen to videos on topics like the individual traditions, The Importance of Working All Twelve Steps and many more: <https://oa.org/podcasts/>.
5. **A Vision 4 You** also has podcasts. You can listen to past Sunday podcasts by clicking on the "**Special Edition**" menu tab and you can listen to any Sunday Special Edition podcasts: <https://www.avision4you.info/>.
6. Overeaters Anonymous is made up of **9 regions** throughout the world. Check out their individual webpages for more recordings: <https://oa.org/service-bodies/regions/>.

ANNOUNCEMENTS

Save the Date:
Saturday, October 18th
Convention
Winnipeg
Check out the poster
on Page 11 for full
details

Please note that all zoom meetings for our Intergroup are now using the same zoom coordinates. Please check out the full list on page 12 of this newsletter for complete details on all OA Heart of Canada Meetings.

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!

Please note that as of November, Matt W will be taking over the position of chair of the OA Hot Line. Please contact him at 204-282-6781, matt.whibley.204@gmail.com if you are interested in volunteering to check the phone line for a month in 2026.

Our sincere thanks to Gail C who has held the position for the last few years.

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 oa inquiries23@gmail.com or by phone or text at 204-782-5087.

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 thanks to Louella for the beautiful nature photos used in this issue.

Our next issue will focus on the topic of dealing with tough times during recovery.

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".

Overeaters Anonymous (OA) Winnipeg Meeting List

OA Heart of Canada webpage: <https://www.oaheartofcanada.ca>

*You can also join the meeting from the calendar link at
<https://oaheartofcanada.ca/oa-heart-of-canada-calendar/>*

All Winnipeg meetings are Central Time and use the same Zoom:

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

Password:279813

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/kcrVWYomyE>

SUNDAY: 11 AM – 12 NOON ZOOM Meeting

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

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

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

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

HEART OF CANADA MESSAGE LINE: 204-334-9008

EMAIL: oaenquiries23@gmail.com