

## **A BITE OF RECOVERY**

\*Behaviour

\*Information

\*Thoughts

\*Emotions

*Life Happens.....How Can We Stay On Track?!?*



I have often heard members expressing disappointment that their program was going well and then a disruption to their lives arose and they relapsed. Program disruptions can be caused by small or large life events, or for many other reasons. It may be a major life event, such as illness in their family, leading to a feeling of being overwhelmed that interferes with having the time and energy to fully follow their program's plan of action. It may be an alteration in routine from the Holidays or a vacation that causes this break in recovery.

We know deep down that the 12 steps and the fellowship are the solution. In the Big Book (page 15) Bill W says "...I soon found that when all other measures failed, work with another alcoholic would save the day. Many times I have gone to my old hospital in despair. On talking to a man there, I would be amazingly lifted up and set on my feet. **It is a design for living that works in rough going.**" This issue explores ideas about staying focused on recovery despite life's inevitable ups and downs.

## CONVERSATION WITH TWO MEMBERS

Please enjoy our conversation with two of our members, David P and Pauline K as they share how they work their programs on a daily basis, even in stressful times.

### 1. How have you maintained your program during particularly stressful times of life? If you are new, can you think of strategies that might work for you in the future?

**David P:** I think the thing that has been working for me so far has been coming up with a little prayer to myself: “Lord fill the hole in my soul with your loving mood, so I don’t use food.”

I also ask myself throughout the day (20 or 30 times usually) “Am I hungry or am I anxious?” If the answer is that I am anxious, I do some meditation to deal with the real cause and that helps. I have a lot of anxiety generally and my family situation is also stressful, so this is usually why I am thinking of food.

**Pauline K:** I’ve been in this program since May of 1995, and it has saved me from myself and my crazy thinking so many times. I came into this program at 300 pounds, thinking I was the only person who ate like I did and used food to get through situations in life—both happy and sad or stressful. Without this program, I have no idea where I would be today. The connections with other members and hearing my story coming from others has been one of the greatest gifts of my life. It is so easy to get isolated and feel helpless when stressful situations arise. Right now, my husband and I are going through so many changes in our lives due to nearly losing him last December because of blood poisoning and the after effects which continue to affect our daily lives. This program has helped me remember that I am not alone and to stay connected to others who get me. It has taught me to be grateful and accept what I cannot change.

My strategy for life these days is to remember to take life one day at a time and focus on the gifts life gives me, not the problems. I’ve learned that circumstances don’t change, but how I view them makes all the difference. Through this program, I’ve learned that I have to look after myself to be there for others in program and in my family. I plan my food one day at a time by making my choices the evening before. This helps me stay on track through all the temptations that are out there these days. I stay connected with other members to avoid isolating.

Daily prayer and meditation in the morning, even for five minutes, makes all the difference to my day. When I wake up in the morning, I take a moment to give thanks for another day and ask my HP for the help to have a good day.

### 2. What program tools are most important to keep you on track and why?

**David P:** I haven’t used all of them yet, but these are the ones that have helped me so far:

- My plan of eating is to not eat between supper and breakfast. I think the fact that this is simple and measurable has been key to my success so far.
- Meetings have been helpful to me because I am connecting with people who I understand and who understand me and my food problems.
- Literature, including the OA 12 & 12, the Big Book Workbook for OA Members published by our intergroup and the Big Book have all been helpful for me to familiarize myself with the program and 12 steps which are new to me.
- Use of prayer and meditation as part of my plan of action (described above) help me to get through the difficult times during the day when I am thinking about food and feeling anxious.

....Continued on page 3

**Pauline K:** The most important tools for me are Meetings, Service, Telephone and Action Plan (which includes my Plan of Eating). I know that I need to do more reading of our literature and journaling so those are two of my aims for the new year.

I go to meetings every Saturday and Sunday. I do service as secretary for the two groups I attend and being on Intergroup as Treasurer. I receive many telephone calls from OAers, but I know I need to reach out more myself by calling rather than just receiving calls. My plan of eating is ongoing, and with that, I also ask my HP before each meal to help me remember that what is on my plate is enough and to be grateful that I am abstinent. My first sponsor used to remind me to breathe before I acted or reacted. I use that reminder every day. When I take a moment to think before I act, life becomes much more manageable.

### **2025 OA Heart of Canada Convention Report**

When life happens.... The Power of an OA Convention renews the spirit and the focus back to what is really going on and on what really matters, Recovery through the 12 steps of OA.

After 21 years in program I was again humbled by my experience attending the OA Heart of Canada Intergroup convention. It all started with two dedicated members putting their heads together and reaching out to others willing to give service and to share their stories. I can't say I have heard all 3 speakers before, but it does not matter—my higher power speaks to me through other people sharing their experience strength and hope. So I hear things in a way I may never have heard them before, depending on where my head is that day. I am very grateful for this, and for the speakers who are willing to share their message of hope and recovery.

Our annual convention is one of the important supporting roles Intergroup makes possible, through financial support and service from our members. This year's organizing committee and the 3 speakers are all members of Intergroup. If you would consider what you can do for Intergroup, please come out, see how it works and learn what big or small role you can play to help our groups carry the message of recovery to those who still suffer.

On that note we had 4 newcomers at our Convention this year!!!

There were 40 people registered, and 35 attended the 1 day event. We heard from 3 speakers who shared their experience, and answered questions. We were so grateful to the courageous newcomers who took a chance and showed up. They gave us an opportunity to carry the message of recovery through the 12 steps and to follow up.

I am committed to taking the energy of being together into the new year to carry the message to all who share my compulsion, for this I am responsible.

Wishing everyone a season filled with serenity, as we share this journey of recovery.

- Grateful Recovered OA Member

**"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved." - Hellen Keller**

**"Pain can change you, but that doesn't mean it has to be a bad change. Take that pain and turn it into wisdom." - The Dalai Lama**

**"I am not afraid of storms, for I am learning how to sail my ship." - Louisa May Alcott**



### Season's Greetings from Program

**H**appy, joyous, and free is what we can be in this Twelve Step program.

**A**ttitude change—the only person we focus on changing is ourselves.

**P**rayers is suggested as a form of meditation—a strong component of the Eleventh Step.

**P**roblems begin to lose the magnitude they once had (when we do the necessary Step work).

**Y**ou need never be alone again—we have a Higher Power to guide us, and we have other people around who understand us.

**H**unger will become physical hunger, not emotional hunger.

**O**ccasions such as holidays are about friendship and family instead of food.

**L**ove for self is about self-caring—taking care of ourselves, setting healthy boundaries, and saying “no” when necessary.

**I**n the beginning (and as long as necessary), it is important that our recovery come first in all we do.

**D**o you have a sponsor and a support group? Both are necessary for recovery. If not, find them. You won't be disappointed.

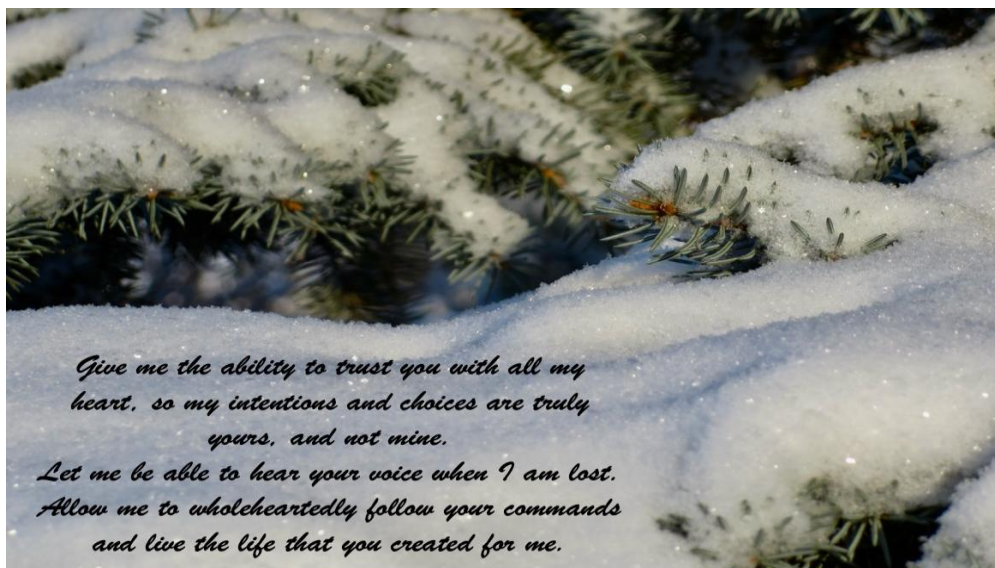
**A**ccepting what cannot be changed is a stepping stone to changing what can.

**Y**es, our recovery is dependent on actively working the Twelve Steps. Start and continue working Steps One through Twelve to be amazed before “we are half way through” (*Alcoholics Anonymous*, 4th ed., p. 83).

**S**ize and weight are not our real issues. The Big Book says clearly, “When the spiritual malady is overcome, we straighten out mentally and physically” (p. 64).

- Norinne M., Fort Myers, Florida USA

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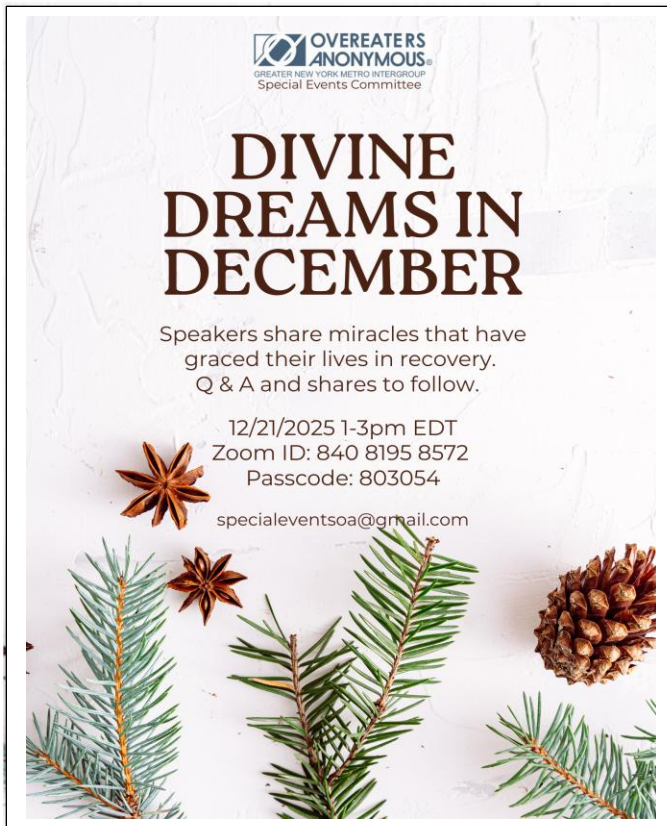




# Don't Forget.....

There are resources to help you over the holidays and into the New Year.

Make sure to check different regions and groups on <https://oa.org/> to find one that suits you. Here are examples:



**OVEREATERS ANONYMOUS**  
GREATER NEW YORK METRO INTERGROUP  
Special Events Committee

## DIVINE DREAMS IN DECEMBER

Speakers share miracles that have graced their lives in recovery. Q & A and shares to follow.

12/21/2025 1-3pm EDT  
Zoom ID: 840 8195 8572  
Passcode: 803054  
[specialeventsoa@gmail.com](mailto:specialeventsoa@gmail.com)



**BTVIC PRESENTS THE ANNUAL HOLIDAY PARTY**  
**DECEMBER 27, 2025**

9:30 PM ET, 8:30 PM CT,  
7:30 PM MT, 6:30 PM PT

All acts must register in advance to perform. Download and save this form as a PDF and click the link below or scan the QR Code.

<https://forms.gle/8HhGIdsebVK44HI7A>

Zoom: 976 429 200  
Password: better (lowercase)

**COMEDY**  
Singers  
Musicians  
Poetry  
Art  
and much more!

Ugly sweater! festive hat parade! dress up your pet



**OVEREATERS ANONYMOUS**  
SACRAMENTO VALLEY INTERGROUP

## Seeking the Spiritual Path

A Prayer and Meditation Speaker Event

**Thurs Jan 1**  
(New Years Day)  
**10:00am - 12:00pm PT**

Meeting ID: 6099261904  
Passcode: 123456

Sponsored by the Stockton OA Meetings

Suggested Donation \$5  
Nobody turned away because of lack of funds.  
Donate online at: <https://www.oaonline.com/donations-for-overeaters.html>



**OVEREATERS ANONYMOUS**  
**"TAKING ACTION"**  
**ACTION PLAN WORKSHOP**  
AND  
SUMMARY TO THE OA ACTION PLAN MEETING  
**JANUARY 10, 2026**  
**9:00AM - 12:00PM ET**

Purpose of Action Planning  
Understanding Common LIFE Activities/Events  
Creating Your 24-Hour Action Plan Template

Making Actions Intuitive  
Accountability Buddies Matched  
SMART Goal Lesson & Activity

**IF YOU HAVE AN ACCOUNTABILITY BUDDY BRING THEM WITH YOU**

**MATERIALS NEEDED:**  
• PENCIL/PEN  
• YOUR UPDATED CALENDAR  
• JOURNAL FOR YOUR ACTION PLAN  
• WILLINGNESS/ACTION

**MEETING ID: 862 4055 6828**  
**PASSWORD: 695747**

CLICK LINK FOR INSTANT ACCESS  
<https://us02.zoomb.us/j/86240556828?pwd=ANFVNUlBQCU2RjVkdjNkd0k0ZC8yYjBjR2Zl>



## Simplicity and Priority

I have always made action plans . . . if all my to-do lists count. Daily to-do lists keep me organized and let me check off the items I complete. However, when it came to recovery from compulsive eating, I found I needed something more specific to keep me on track with my abstinence. I needed an action plan that placed my OA program as a priority in my life.

I learned about *The Simplicity Project* and thought it made a lot of sense. (You can find the free download by searching “simplicity” on oa.org.) It reads:

*The Simplicity Project is a simple idea to help YOU stay abstinent! Got program? Got an index card and a pen? Write the essentials of your program on the front and back of an index card, and then carry that card with you wherever you go. Take the card out and read it anytime you need to reaffirm your program. Your card should have whatever information, reminders, prompts, or action items you need to remember in times of stress. Keep it simple, though . . . it all has to fit on the front and back of one little index card!*

One simple index card is at all takes. As suggested, I customized my card. My action plan (see below) has room for me to list all the actions I need to take to for physical, emotional, and spiritual recovery. Each aspect works to reinforce the others: when I am in recovery, I am abstinent. Also, all nine [Tools](#) are represented in my plan (service is defined by my monthly intergroup meeting and Region Eight). I've listed each Tool under one primary category for simplification, but they may cross over into the others. For example, daily meditation is listed under spiritual recovery, but it deeply affects my emotional recovery and has physical benefits, such as reducing stress and lowering my blood pressure.

When I started this action plan, it was less complete than it is now, and it has been modified over time, but for the most part, it is now unchanging. The most important thing I do is set my recovery as the number one priority in establishing my schedule and routine. I place all my OA group, intergroup and Region Eight meetings on my calendar at the beginning of the year. Exercise fits in next (early in the day after prayer and meditation). I schedule all of my other life activities after I plan these so that (almost) nothing interferes with my recovery.

But what about the back of the card? There, I keep a list of all my binge foods, just in case I am tempted to “forget.”

Having my program essentials all on one card makes so much sense, and I keep it in my purse at all times.

Try it. It may work for you.

- Barbara

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## Concept Six: Trust, Responsibility, and the Personal Path of Service

**“The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.”**

— OA Concept Six

When viewed personally, Concept Six invites us to reflect on how we entrust responsibility in our own recovery journey—how we delegate, trust, and serve with integrity. While the formal language speaks to organizational structure, its deeper meaning reaches into our daily lives as individuals in recovery.

### Personal Interpretation of Concept Six

At its heart, Concept Six is about **trust and responsibility**. On a personal level, it challenges us to ask:

- Who do I entrust with my recovery?
- How do I take responsibility for my own spiritual and emotional growth?
- Am I willing to serve others with integrity and humility?

Just as the WSBC delegates authority to the Board of Trustees, we too must learn to delegate—whether that means trusting a sponsor, relying on a Higher Power, or stepping into service roles ourselves.

### Applying Concept Six in Personal Recovery

Here are a few ways Concept Six can guide us as individual members:

- **Trusting the Process:** Recovery involves surrendering control. Concept Six reminds us that healing often requires trusting others—sponsors, meetings, literature, and the OA structure—to guide us.
- **Taking Responsibility:** We are not passive recipients of recovery. Like the Board of Trustees, we are entrusted with the responsibility to show up, work the Steps, and carry the message.
- **Serving with Integrity:** Whether chairing a meeting or simply welcoming a newcomer, we embody Concept Six when we serve with care, consistency, and humility.
- **Letting Go of Control:** Delegation is a spiritual act. Concept Six teaches us that we don't have to do everything ourselves. We can ask for help, share the load, and trust others to lead.

### Reflective Questions

To deepen your personal connection to Concept Six, consider journaling on:

- When have I successfully entrusted someone with a responsibility in my recovery?
- How do I balance service with self-care?
- What fears come up when I delegate or let go of control?
- How can I better embody trust and responsibility in my daily life?

### A Step Twelve Connection

Concept Six echoes the spirit of Step Twelve. It's about carrying the message not just through words, but through trust, responsibility, and service. We live this concept when we show up for others, when we let go of control and allow our Higher Power to work through us, and when we take ownership of our role in the fellowship.



- Christina H

## 9 TOOLS OF RECOVERY AND HOW TO APPLY THEM

Overeaters Anonymous (OA) offers nine tools to aid in recovery from compulsive overeating. These tools provide a framework for working the Twelve Steps and living a life of recovery. Here's a breakdown of each tool and how to apply it:

### 1. A Plan of Eating:

- **What it is:** A personalized food plan that supports physical recovery and helps you abstain from compulsive eating behaviors. It's not a diet but a tool for establishing a healthy relationship with food.
- **How to apply it:** Work with a sponsor or nutrition professional to develop a plan that meets your individual needs and preferences. Follow your plan consistently, making adjustments as needed.

### 2. Sponsorship:

- **What it is:** A one-on-one relationship with an experienced OA member who offers guidance, support, and accountability.
- **How to apply it:** Choose a sponsor who has what you want in your recovery. Ask them how they achieved it and be willing to follow their suggestions. Share openly and honestly with your sponsor.

### 3. Meetings:

- **What it is:** Gatherings where OA members share their experiences, strength, and hope. Meetings provide a sense of community and support.
- **How to apply it:** Attend meetings regularly, share your experiences, and listen to others. Find different types of meetings that resonate with you.

### 4. Telephone:

- **What it is:** Connecting with other OA members for support, encouragement, and accountability between meetings.
- **How to apply it:** Reach out to your sponsor and other OA members regularly. Share your struggles and victories. Be available to support others when they call.

### 5. Writing:

- **What it is:** Using writing to explore your thoughts, feelings, and experiences related to your recovery.
- **How to apply it:** Keep a journal, write about your step work, and use writing prompts to explore your inner world.

### 6. Literature:

- **What it is:** Reading OA-approved literature to deepen your understanding of the program and gain insights from others' experiences.
- **How to apply it:** Read the Big Book, the Twelve Steps and Twelve Traditions, and other OA pamphlets and books. Discuss what you read with your sponsor and other OA members.

### 7. Action Plan:

- **What it is:** Creating a plan for dealing with challenging situations and triggers that may lead to compulsive overeating.
- **How to apply it:** Identify your triggers and develop specific strategies for coping with them. Include self-care, reaching out for support, and practicing the other tools in your action plan.

....Continued on page 9



## 8. Anonymity:

- **What it is:** Protecting the identity of OA members within and outside the fellowship.
- **How to apply it:** Respect the anonymity of others by not disclosing their names or personal information. Maintain your own anonymity by using only your first name at meetings and avoiding sharing identifying details online.

## 9. Service:

- **What it is:** Giving back to the OA community by volunteering your time and talents.
- **How to apply it:** Find ways to serve within your group or the broader OA community. This could include setting up for meetings, greeting newcomers, or taking on a leadership role.

By actively using these nine tools, you can build a strong foundation for recovery and experience the freedom and joy of a life free from compulsive overeating.

♥ The Tools get me through the day! The Steps help me live my life!

♥ The Tools are the handrails (balusters) of the program.

♥ <https://media.oa.org/app/uploads/2022/06/22222141/tools-of-recovery-abridged.pdf>

Online Apps:

♥ <https://www.myspiritualtoolkit.com/oa-toolkit-mobile-app/>

♥ <https://apps.apple.com/ca/app/my-oa-toolkit-overeaters-steps/id708666976>

♥ <https://www.loseit.com/>

### Things I Crave



This is the first year that I am not making New Year's resolutions. My resolutions usually lasted only through New Year's Day anyway before it all got too hard or my desire waned.

The action plan is something that I use every single day, and I only have to use it for today. There is no expectation other than in these twenty-four hours. As I have found, expectation is the thief of joy, and what a relief that is to know. Only today matters—no deadline or commitment hangs over my head. My only resolution on rising is to use the action plan.

My action plan is usually the same. Don't overeat. When you do eat, eat nutrient dense food. If you

do feel like eating, use the Tools. That's the way my HP and this lifesaving program guide me.

Like the literature says, the action plan may vary and be adjusted to bring structure, balance, and manageability into our lives. When I'm not implementing my action plan, I miss out on those things. Balance stops my anxiety and stress, and manageability is the biggest thing I need for my sanity and to be of use to others.

I have been with OA since December 14, 2013, and I have been abstinent since February 25, 2014. My heaviest weight was 130 kilograms (287 lbs), but I have no idea what I weigh now because I don't weigh myself.

This program came to me when I was spiritually and emotionally bankrupt. My priorities are spiritual and emotional at this time. The physical will come.

- Karen W., Australia

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<https://www.oalifeline.org/uncategorized/things-i-crave/>

### Heart Pocket

I've got a special pocket  
that's stitched into my chest.  
It's full of all the moments  
that I've thought of as my best.

And when a good friend tells me  
about the things that make them  
smile,  
I place them in my pocket  
so I can keep them for a while.

And when I'm feeling saddened,  
just as I was today,  
I'll open up my pocket  
to help the sadness go away.

The pocket's always endless,  
yet sometimes it overflows,  
and the love that spills out from it  
is how the pocket grows.

And sometimes if you're lucky,  
if I hug you really tight,  
you can feel my pocket beating  
and you might just feel its light.

- Jessy Humann



**Your diet is not only what you eat.**

It is what you watch, what you listen to,  
what you read, the people you hang out  
with and the things you subject your  
mind and soul to. **Always be mindful  
of the things you put into your body  
emotionally, spiritually, and physically.**

**"Let gratitude be the pillow  
upon which you kneel to  
say your nightly prayer.  
And let faith be the bridge  
you build to overcome evil  
and welcome good."**

**- Maya Angelou**

### **Change Yourself First**

You can't fix the world by force.  
But you can transform yourself—  
and in doing so, shift everything  
around you. *MattRyder777*

Deprogram the conditioning.  
Heal what was passed down.  
Strip away the fear, the doubt,  
the survival patterns.

This is how the world changes—  
from the inside out.

One awakened being at a time.  
One nervous system at peace  
One frequency no longer  
feeding the matrix.

**Be the candle that  
lights the flame.**

It always starts with one—  
and leads us back to Oneness.





**Feeling grumpy, irritated or just a bit off: HALTS is a simple self-check to help you.**

***"Remember HALTS. Do not get too hungry, angry, lonely, tired, or serious. When you get overly tired, it is easy to over-react to a situation. Exercise, get enough sleep, write in a journal, and aim for a balanced lifestyle." BRB p. 427 (ACA Fellowship Big Red Book)***

HALT is an acronym that is well known in many Twelve Step programs. It stands for Hungry, Angry, Lonely, and Tired. When we feel out of balance, it's often that one or more of these things are in play. When we become aware of what's going on, we can take the necessary steps to mend ourselves.

There's often an "S" added at the end of HALT that stands for "Serious". It might also stand for "scared" or "sad" or "sick" [or stressed] - feelings or conditions we have had most of our lives, but haven't always identified the effect they've had. When the "S" is happening, it's time to be even gentler with ourselves. We've learned that ignoring our reality doesn't make it go away. Even long-term ACAs can see their program seemingly fly out the window whenever HALTS isn't addressed.

At these especially vulnerable times, the remedies might include connecting with our Higher Power, going to meetings, and talking to other ACAs. We are learning that these things help us have balance in our lives. *On this day I remind myself that when I feel down and don't see what's happening, remembering HALTS and doing the next right thing help me gently take care of myself in the way I deserve.*

#### **HALTS**

Honesty/Humility/Healthy

Acceptance/Awareness

Loving

Thankful/Thoughtful

Satisfied/Sanity

I Face My Stuff

Not Stuff My Face!



## Lifeboat

How to live life on life's terms was the most important lesson I learned during my deployment in 2015. I'm a member of the U.S. Navy, and I spent more than seven months on a ship sailing across the ocean. The ship's menu did not cater to me. The hours of food service did not cater to me. My work and sleep schedule was out of my control, and exercise became more stressful than rewarding to my exhausted mind and body.

Within the first two months of deployment, I relapsed. I had been in program for over three years and had almost a year of continuous abstinence from bingeing and purging. I felt so ashamed and defeated. I tried so hard to manipulate everything so it would work for me. I complained about my food needs constantly and threw fits when the foods I wanted weren't available or when I knew I wouldn't be getting my full eight hours of sleep that day.

For months, I tried to force myself to exercise, and when I couldn't get out of bed early enough to do it, I beat myself up the rest of the day. I felt lower than I had in years. It never occurred to me to go easy on myself given that I was living at sea on a floating hunk of metal and working twelve to fourteen hours a day.

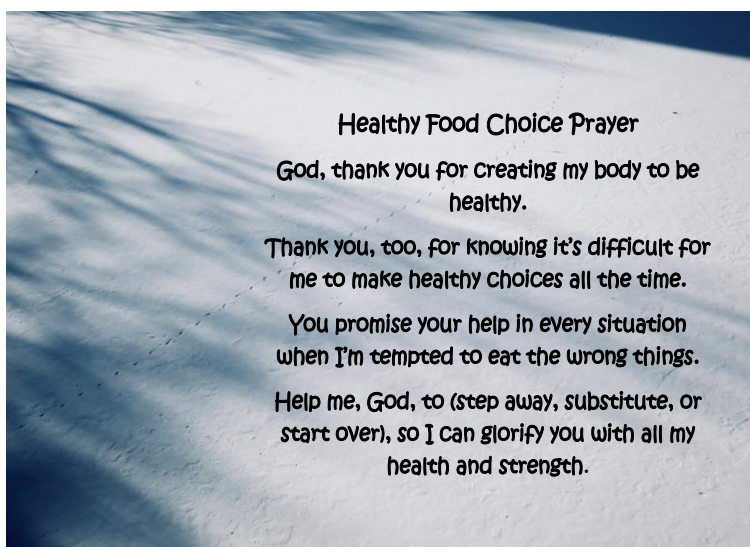
Deployment is hard, but I didn't want to seem weak. Though I could tell everyone on the ship was suffering, I didn't think anyone was suffering as badly as me with my disease. I was too embarrassed to admit defeat. By the grace of my Higher Power, I stayed abstinent during the last four months. I did my absolute best to live life on life's terms by taking everything one step at a time. I wrote to my sponsor constantly. If something felt too difficult and triggered cravings, then I told myself I could deal with it later.

If the food I needed wasn't available, I became as flexible as I could or I very politely asked the cooks if I could have something different. When I was calm and sincere, it was usually not difficult to move around bumps in the road.

I know that I will experience hardship again, maybe not quite like deploying on a ship, but other things will happen to me to challenge my peace of mind and my abstinence. Next time, I can reflect on the thoughts and actions that helped me during my deployment so I don't lose my abstinence again. I am forever grateful for this program. Without the Tools, the Steps, and all of my loving OA friends back at home port, I think I would have done much more damage to myself on that ship.

— Madison, Hawaii USA

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<https://www.oalifeline.org/slipping-sliding/lifeboat/>





## ANNOUNCEMENTS

A big welcome to Matt who has taken over the position of arranging for volunteers to man our hot line. This is the Voice Mail System that people can use to call and leave a message inquiring about the OA program.

If you're interested in taking on the hotline for any of the months in 2026 please let Matt know when you're available. You can reach him here - [matt.whibley.204@gmail.com](mailto:matt.whibley.204@gmail.com).

Thank you to Gail for her service manning this position before Matt.

Please contact Gail C at [gainquiries23@gmail.com](mailto:gainquiries23@gmail.com) or by phone or text at 204-782-5087 if you are interested in joining the Public Information (PI) Committee to help carry our message of recovery.

Our thanks to Louella for the winter photos

**Please note that these additional resources are not associated with Overeaters Anonymous but may still be useful to you:**

Resources available if you need additional assistance this winter season:

- ♥ CMHA has many free courses, including Developing Self Compassion, Recovery 101, Overcoming Loneliness and Isolation, Well Being Course, and Postpartum Emotional and Mental Health.

More Information can be found at <https://www.cmhaacrossmb.ca/courses/>

- ♥ 211 Manitoba <https://mb.211.ca/>

- ♥ Klinik Crisis Line (24/7) is a 24 hour telephone crisis line, providing counselling, crisis intervention, support, information, referrals

204-786-8686/1-888-322-3019

- ♥ 9-8-8: Suicide Crisis Helpline Anywhere in Canada

Languages: English and French/ Hours: 24/7

- ♥ Emergency Services: 911

### Holiday Self-Care Tips

Try your best to forgive and forget over the holidays. Try to replace tension with something productive.

Try to maintain healthy habits, eat healthy snacks like fresh fruit or veggies.

Set realistic expectations for yourself and the holiday.

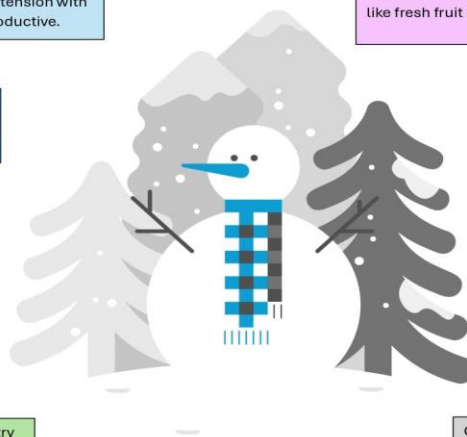
Research has shown that listening to music and the scent of citrus can boost feelings of well-being.

After a loss, holidays can be very difficult. Accept what you are feeling and open up to others about what you are feeling. Try to switch old traditions to ease the loss.

Keep your self-care routine or begin a new one. Take a break, go for a walk, read a book, watch a funny movie. Laughing helps you to relax and can reduce stress.

It's ok to say no, try sharing your to-do list.

Give yourself permission to let it be a normal day.



## **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/86213444550>

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