

OA Heart of Canada



A BITE OF RECOVERY

***Behaviour**

***Information**

***Thoughts**

***Emotions**

TRUDGING THE ROAD OF HAPPY DESTINY

“Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit and you will surely meet some of us as you trudge the Road of Happy Destiny” (page 164 BB).

This is the Twelve Step path that provides joy, fellowship and meaning through deliberate, and sometimes difficult progression. This is a life-long trip towards community, tolerance, love and acceptance rather than isolation, illness, judgement and vain attempts at control. Let us celebrate stories that describe inspirational journeys along the Road of Happy Destiny!

Choose to Show Yourself the Kindness You So Easily Show Others

Spring is coming — the sun rising earlier, setting later, nature waking up again, though I’m not looking forward to wearing fewer layers and facing my body as it is today.

Yet every part of creation deserves to exist and be loved. When a flower blooms with bent stalks or rain-damaged petals, it doesn’t hide or wither. It simply grows, perfect as it is.

So can we.

Today, I choose to show myself the same compassion I offer others. I trust my Higher Power to help me, and I remember that the people in this program love me as I am. Step by step, moment by moment, I can present myself to the world with honesty, courage, and acceptance.

- Nataliia Y.

TRUDGE

T: Trust/Tolerance/Truth/Together

R: Recovery/Respect/Resolve

U: Understanding/Unity

D: Discipline/Daily Inventory/Determination

G: God (as understood)/Goodness/Gratitude

E: Experience/Endurance/Enthusiasm/Effort

What Does Trudging the Road to Happy Destiny Really Mean?

The Big Book Talks about Trudging the Road to Happy Destiny; Let's talk about what that means.

The word trudge means to walk with heavy steps, sometimes with physical difficulty or exhaustion. When we are new to recovery, every step forward takes effort. At times, the act of not [eating compulsively] feels like walking through quicksand. The initial trudge is felt physically, emotionally, and spiritually because getting clean and sober after destroying our lives is hard. Fruitful, yes. Easy, no.

Trudging the road to happy destiny also means to walk with purpose. And every sober day- whether we have a day sober or thousands of days – is an intentional walk towards a better and more fulfilling life. We are walking towards a happy destiny and that journey is worth the discomfort it takes to get there.

Trudging Towards Happy Destiny Can Be Hard Work; But nothing worth having is easy.

Think of a marathon runner or your favorite athlete. They train hard to become champions. They practice discipline, work on having a positive mindset, and work their muscles and bodies to the point of pain at times. Why? Because they are trudging towards a happy destiny which for them means finishing a marathon at the fastest speed they can achieve. Trudging in sobriety is no different. We work just as hard, but our happy destiny leads to wellness, freedom, and joy.

No matter where you are in your recovery journey, remember that even when the walk forward feels difficult, we are walking with intention, determination, and purpose. Hard work always pays off. Every day sober is a success and staying sober gets easier with time. Life will happen and as we trudge the road of happy destiny, we can face its challenges – not with substances that sabotage us – but with the toolbox that a twelve-step program offers.

Trudging the Road to Happy Destiny for Long-Term Sobriety; What is a happy destiny?

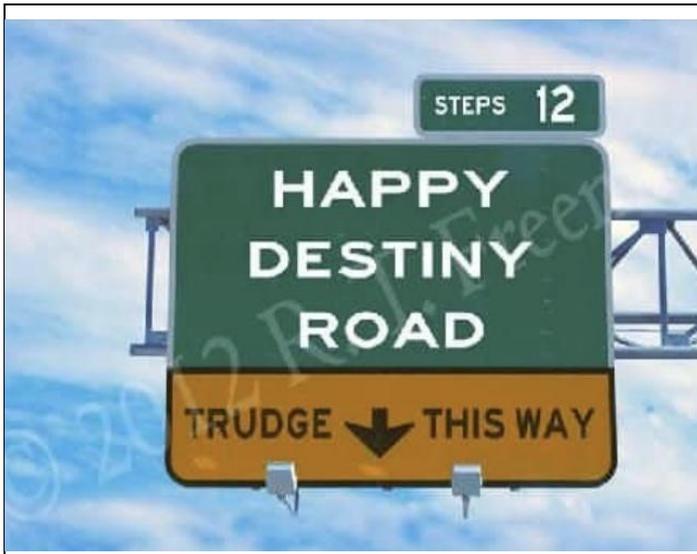
Walking with the purpose to stay [abstinent] under all conditions leads to long-lasting [food] sobriety. In early sobriety, we all marvel at our fellows who have five, ten, fifteen, or more years sober. It's hard to imagine ourselves with so much time. But it's important to remember the question we ask old-timers when they pick up a twenty-year chip. "How'd you do it?" we ask. The answer is always the same – one day at a time. Simple question, simple answer straight from A Vision for You. They trudged until the days spun into years and the years turned into decades – proving to us all that we can do the same.

It's important to talk about what our happy destiny is, though. Sometimes that happy destiny is knowing we are healthier in body, mind, and spirit....And it always means that we walk this walk TOGETHER. Within [OA], we never have to face any of our problems alone again.

That said, we will all face life's challenges in [food] sobriety. We will have financial difficulties, family problems, illness, or other stressors – because that's life. But, as we go through our challenges, we must keep trudging. And the happy destiny becomes getting to the other side of a problem with our sobriety intact. Inevitably, the season of life changes, we come out the other side to find a version of happiness that includes joy, fulfilment, peace, and love.

Trudging the road to happy destiny is the circle of life. The definition of happiness ebbs and flows like the ocean tide rolling in and out. It's something we who are sober GET to do. And, doing so makes our lives richer, adds to the experience we can use to help others, and builds our confidence that we can and do live life on life's terms successfully and happily.

- Adapted from: Blog, July 18, 2022: <https://my-breakthrough.com/blog/what-does-trudging-the-road-to-happy-destiny-really-mean/>



**The Love Practices
from Michael McGee**

- May I be a channel of love**
- May I heal hatred with love**
- Harm with forgiveness**
- Doubt with faith**
- Despair with hope**
- Darkness with light**
- Sadness with joy.**
- May I seek more**
- To console than to be consoled**
- To understand than to be understood**
- To love than to be loved.**
- For I know that in giving, we receive,**
- In forgiving, we are forgiven,**
- And in transcending self, we realize our
greatest joy.**

Spring Search: Trudging into Growth

P	K	G	R	A	T	I	T	U	D	E	C	T	X	U
B	N	R	H	C	R	Y	H	F	G	I	P	I	N	Y
K	D	Q	C	Y	L	B	B	F	L	O	W	E	R	H
Y	H	Q	A	B	S	T	I	N	E	N	C	E	T	O
S	F	Y	K	M	Q	U	D	T	R	Y	V	A	B	N
S	P	C	Z	M	Q	S	R	Z	B	O	P	Z	Y	E
P	O	I	S	L	T	Q	T	R	C	F	O	T	G	S
R	B	G	R	T	H	F	Z	E	E	U	F	T	F	T
I	H	L	R	I	R	L	R	K	P	N	J	G	S	Y
N	D	O	O	O	T	U	I	A	J	S	D	X	H	V
G	E	P	P	O	W	U	D	G	O	D	S	E	E	D
O	A	R	Q	E	M	T	A	G	H	K	C	S	R	O
U	N	I	T	Y	R	H	H	L	E	T	T	H	A	W
Q	U	V	E	W	I	L	L	I	N	G	N	E	S	S
J	I	S	E	R	V	I	C	E	K	B	Y	G	D	H

Find the following words:

- | | |
|------------|-------------|
| TRUDGE | RECOVERY |
| ABSTINENCE | STEPS |
| UNITY | SERVICE |
| SPIRITUAL | WILLINGNESS |
| SURRENDER | GRATITUDE |
| HOPE | HONESTY |
| SPRING | GROWTH |
| BLOOM | THAW |
| PATH | LIGHT |
| SEED | ROOTS |
| FLOWER | |

Answer Key

All words are placed horizontally, vertically, or diagonally (forward direction only).

Reflection Questions:

1. Which word stands out to you right now, and why?
2. Circle the words that describe your recovery this spring. What do you notice?
3. Is there a word you didn't circle but would like to grow into this season?



TRUDGE THE ROAD OF
Happy Destiny

What Does “Trudge the Road of Happy Destiny” Mean to You?

“Trudge the Road of Happy Destiny” is a phrase that holds a deep meaning for our alumni and friends in recovery, but has had a variety of interpretations over the years. After finding some inspiration from this year’s Homecoming theme, Taylor L., chose to use a stamp as our logo, symbolizing the idea of travel. Within the stamp, there is an endless road, speaking to the idea that our lives in recovery are about the journey and not the destination. The road leads the traveler to sunny, blue skies with mountains and birds, all of which represent freedom to Taylor. The sky’s the limit!

We spoke with some of our other alumni to find out what this phrase means to them.

“Trudge: To walk slowly and with heavy steps, typically because of exhaustion or harsh conditions. I think that this describes almost perfectly the way sobriety can be at times, especially early recovery. The transition of mind and body from a seemingly hopeless state of pain and darkness to one of contentment, peace, and ease is a hard road. Getting sober is taxing and life doesn’t stop just because I’ve decided to live differently. But the pivotal part of this phrase for me is ‘Happy Destiny.’ I know that by putting one foot in front of the other regardless of painful emotions and seemingly endless work, I move ahead. And there are great moments of joy and peace along the way as I rediscover life. I am traveling towards a place of serenity, connectedness, and ultimately freedom. My horizons are awe-inspiring.”

“Matching calamity with serenity.”

“Getting comfortable with the uncomfortable.”

“It reminds me that I have to work for my happiness. In active alcoholism, I always expected for it to just come to me. That I would somehow magically acquire something I perceived other people as having. I work towards the promises because I believe them. I’ve seen them in my own life and in the lives of the people in recovery that I love. Maybe what Bill W. meant by ‘trudge’ was ‘work.’ I have to put in the effort it, but I always see that effort rewarded. And I don’t have to ‘trudge’ the road alone. I have awesome people with me on the way. And that makes everything and everyday doing it much more worth it, and that much easier.”

“Sometimes life is not going to be perfect and there will always be twists and turns. But if I continue to do the next right thing, feed my spiritual life, and trust my higher power then I will have nothing but a beautiful and fulfilling destiny awaiting me.”

“Keep on trucking!”

<https://willingway.com/trudge-the-road-of-happy-destiny/>



“Recovery is not a race. You don’t have to feel guilty if it takes you longer than you thought it would.”



CONVERSATION WITH TWO MEMBERS

Please enjoy our conversation with two of our members as they answer our questions in this issue:

1. What does the phrase “Trudging the Road of Happy Destiny” mean to you?

Cynthia L: Hi, my name is Cynthia and I am a compulsive overeater. I have been a member of Overeaters Anonymous since 1985, abstinent since 1991 and I maintain a normal body weight.

It has been suggested to me to look up words in OA and AA literature to clarify their meanings. Thus, to trudge means “to walk or march steadily and usually laboriously”. (Merriam-Webster Dictionary)

For me, “trudging the road of happy destiny” means “keep coming back” no matter what, no matter what, no matter what....abstinent or not, in good times and not so good times, through thick and thin (and I did get to my top unhealthy weight while in OA). I believe, this is why I’m still here, practicing recovery and seeking to improve my daily conscious contact with a Higher Power.

Anon.: This phrase reminds me of the difficulty and deliberate work that is required to work the steps to ultimately attain the goal of sanity and the joy in living my best life. It reminds me that although I can anticipate some slogging, I can also expect to experience wonders along the way. This helps me deal with one of my most difficult character defaults: dishonesty. I have a lifetime of telling myself that life “should” be easy and fair, but when the word “trudge” is used I am reminded that this belief is not grounded in reality. This delusion has caused me frustration to the point that I have missed a lot of enjoyment. It is helpful to know that it is expected and normal to have to work for something that is worth it!

2. In trudging your personal road to Happy Destiny how do you work your program to get you through the difficult slogs?

Cynthia L: I have learned that food fixes nothing and therefore it cannot be a solution to any problem or situation in my life. Does that mean that I never overeat or make bad food choices? No, of course not. But it does mean I have to be honest about my food. I write down what I eat no matter what it is or how much it is and I usually talk about any food problems with my sponsor or another OA member.

I have also learned that I don’t have to act on my 1st thought. For example, a normal 1st thought when I get bad news would be to start bingeing on peanut M&Ms. Waiting for my 2nd thought provides the brief pause I need to choose a saner solution. It also means that I might have to acknowledge and live with being uncomfortable for a while. But the good news is, “uncomfortable” is just a feeling and “this too shall pass”. So far, whether or not I have believed “this too shall pass”, it has!

The one thing I have done perfectly as a member of Overeaters Anonymous is to “keep coming back”. I have binged on the way to meetings, I have binged on the way home from meetings. I have lied, cheated and stolen money and food. Since the 12 Steps, the 12 Traditions and their principles are the solution to my 3-fold disease, if I’m not “here” (in meetings, working with others and using the tools) I won’t hear the message. So I choose to stay and I hope you do too!

Continued on page 6...

Anon.: I cannot say that I am always all that effective in dealing with these. I really feel like I have thrown a lot of things at the wall to see what sticks. But these are the things that have helped the most:

- Attending meetings, especially when I don't feel like it.
- A daily morning practice of meditation, reading from the literature and writing to review the previous day and to work through any step 10's that I need to do.
- Having some members who I talk to weekly. I feel very awkward just calling people out of the blue, so I have established a routine with a few people whose experience speaks to me.
- Other writing besides my morning routine can help me clarify thoughts on other issues as they arise.
- Listening to podcasts, especially the Vision 4 You Sunday Special Editions. (<https://www.avision4you.info/sunday-special-edition-podcast/>)
- Contacting my sponsor, or talking to other trusted friends/my sisters when I need perspective.

Gratitude

Gratitude unlocks the fullness of life.

It turns what we have into enough and more.

It turns denial into acceptance, chaos to order, confusion to clarity.

It can turn a meal into a feast, a house into a home, a stranger into a friend.

It turns problems into gifts, failures into successes, the unexpected into perfect timing and mistakes into important events.

It can turn an existence into a real life, and disconnected situations into important and beneficial lessons.

Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

– Melody Beattie



Eight Practical Lessons I've Learned from Working OA's Twelve Steps

Lesson #1: The Twelve Steps of OA is not a diet plan. Diets won't work long term. If I don't work the Steps to address the obsession of the mind, I will relapse. I need a Power greater than myself to effect change in my life.

I first joined OA over thirty-five years ago, after lots of experience going to the "pay-and-weigh" organizations. At one point, I even entered an eating disorder outpatient program. None of those things arrested my weight gain for long.

Once I found OA, I started going to meetings, but I did not work the Steps. On the advice of two 100-pounders (OA members who needed to lose and successfully lost 100 pounds (45 kg) or more), I finally got started on an abstinent food plan. I begged my Higher Power to make it clear to me that I really must give up my allergy food, wheat, and he replied with a resounding "Yes!" I began losing weight.

When friends started to notice my weight loss, I panicked and I left OA. Once back in the food, I could not imagine being abstinent again. As predicted in "The Doctor's Opinion" in the Big Book (Alcoholics Anonymous, Fourth Edition, pp. xxv-xxxii), though I had dealt with the allergy of the body and become food neutral, I had not addressed the obsession of the mind by immersing myself in the Steps, and this led me to relapse.

I left OA for 18 years and gained a lot of weight. In fact, I was gaining at what felt like an unrelenting pace. However, I knew if I came back into OA, I would have to give up wheat, and I was unwilling to face that. When I am living in abstinence, I can't believe I will ever go back to the food and living in guilt and shame. For the most part, I become food neutral to the foods I abstain from. However, when I lose my abstinence and am deep into the food, the opposite is true. I can't believe I can live even for a day without my addictive foods.

Lesson #2: Keep going to meetings no matter what and pray for willingness. Don't leave. Otherwise the disease simply progresses.

I came back into program six years ago at 280 pounds (127 kg). By then, I had had several significant health issues that were weight related. I've always had a relationship with a Higher Power, but I fall into the category of "praying to lose weight but not praying to be willing to surrender." One day at church, the sermon was on the opioid crisis, and I heard all the sympathy for opioid addicts. While I too wished they would get help, just stop using, and not die, in that moment, I also turned it around on myself: I wanted the help we all wished for the opioid addicts since I was killing myself too, only in a socially acceptable way.

I knew where I needed to go and that it meant I had to change. That was when I returned to OA and took Steps One, Two, and Three.

Lesson #3: Acceptance of myself as a true compulsive overeater has been key to making the changes needed for my health. It doesn't matter what other people can or will eat. There are certain things I can't eat and certain emotions and situations that are triggers for me that I have to deal with in a way that is healthy for me.

I remember praying to ask that God would not make the process too hard. I defined my abstinence as being wheat free (and mostly sugar free within narrow parameters). I lost 50 pounds (22.7 kg) that first year without being on a rigid food plan, and I am maintaining that weight loss today. Gradually, I made a lot of changes to the foods I ate and how I cared for myself. I did this by listening to God's "nudges." Today, I eat chia-seed pudding; bake muffins with canned beans, protein powder, and flaxseed; and make my own yogurt. I get on my stationary bike almost every morning. I surrender righteous anger more readily.

Continued on page 8...

Lesson #4: Steps Four through Nine are more about self-discovery, analysis, and forgiveness than wallowing in fear and resentment or making major amends to others. I'm the one I hurt most when I turn my emotions in on myself or live to please others. I needed to see that clearly and meet my 13-year-old self.

Over the years, I have worked Steps Four through Nine several different ways and learned more about myself every time. Most of my resentments and fears, however trivial, go back to wounds from my early teen years when I experienced bullying and lack of social acceptance. That is when my using food to cope with emotions really took off, and it was how I survived my reality. Ever since, my emotional default was to react to situations as a frightened, unsure 13-year-old might. OA has helped me realize I am not that 13-year-old any more, and I've been learning to parent the child in me and to use and trust the life skills I've accumulated over the years.

Lesson #5: Starting my day by spending time with my Higher Power in Step Eleven opens me up to that power source of care, support and change. I have to do it just like I brush my teeth or commit to other self-care. I don't have to want to do it.

When I began the practice of living in Steps Ten, Eleven, and Twelve, I began to see that this was a commitment to my Higher Power, to myself, and to my fellows in the program—in that order. And I don't have to feel like practicing Steps Ten, Eleven, and Twelve, I just have to do them. So most mornings, I begin by jumping on my stationary bike and reading my morning meditation and praying. By doing this, even when I'm not "feeling it," I open up the door to communication with my Higher Power. If I don't plug in, I'm not on the receiving end of my power cable.

Lesson #6: End each day with a daily review. Make a commitment to do this, but keep it simple so it is not overly burdensome. Set an alarm.

At night, I email my food and my Tenth Step to my sponsor. This is when I review my day and examine my conscience. My format is simple and has three parts: First, I note down what and when I ate, usually under the headings of breakfast, lunch, snack, and dinner. Second, under the heading Program, I note down what Tools I used and actions I took specifically for my OA program. Having nothing or very little to note down is my first alert that I may be moving into relapse. Third, under the heading Emotions, I note down any strong positive or negative emotions and review how I dealt with them.

From that, it is usually clear what actions I need to take to a) not be ruled by my emotions and b) fix my relationships with others. I compose my Tenth Step inventory on my phone since it is always with me. I have learned to set an alarm at 10 p.m. (22:00) daily as a reminder. This practice is the catalyst for much of my change.

Lesson #7: Service work helps me engage with others and that makes me experience the world in a new, healthier way.

I have a standing commitment at a home meeting, so I show up and get real with people who have come to know me. I talk to my sponsor and sponsees and am open to other service work. These Twelfth Step commitments keep me actively engaged in the OA program and keep me coming back even when I don't feel like it.

I'm also opening myself up to my Higher Power, to insights from others about how to navigate life, and to the pleasure found in interacting with and helping others. And, I have to walk the walk to talk the talk.

Lesson #8: These are my thirteen signs that I am on a path to relapse, roughly in order, with food issues coming after some of the other behaviors:

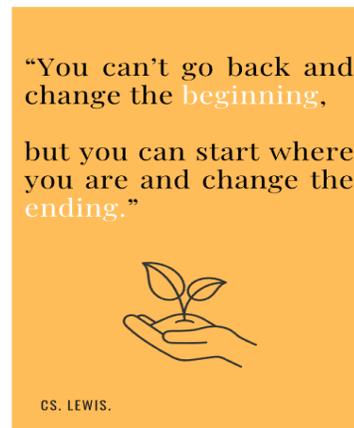
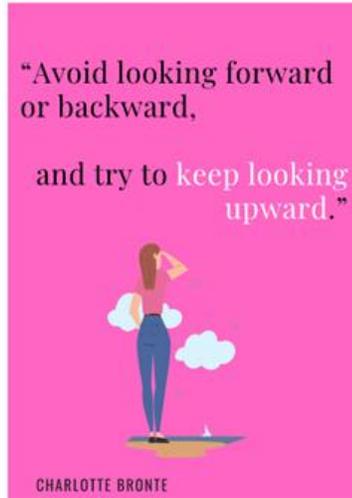
1. I stop doing my morning prayer and meditation.
2. I stop examining my day and reviewing what I ate.
3. I skip meetings or calls with my sponsor or sponsees.

Continued on page 9...

4. I switch compulsions. I isolate by playing games on my phone or computer, surfing for hours, shopping, watching TV, or reading excessively and compulsively.
5. I start to make exceptions to the foods I abstain from and fudge on writing down what I ate.
6. I forget to ask my Higher Power, my family, and my OA fellows for help, support, and their insights.
7. I start to resent people, places and things; I wallow in justified anger; or I decide to hand out constructive criticism to fix others, forgetting that acceptance of all things as they are is the key to my own happiness.
8. I don't get enough sleep, so I want to compensate for being tired with food.
9. I don't drink enough water and mistake thirst for hunger.
10. I go beyond five hours without a meal or snack during the day so my blood sugar swings, my brain shouts at me to eat, and I lose my sense of choice.
11. I buy yellow-light foods to put in my panty or freezer with lame excuses like "because they were on sale" or "I might need them when company comes," thus setting the scene for a binge in an emotionally needy moment.
12. I don't make a game plan for social situations, such as planning ahead so I don't arrive hungry or taking an abstinent dish to share.
13. I decide that free food, holidays, travel, and social situations are simply too special to forego "treats." I forget that I can live just fine without them and that many other people chose to do so too. I ignore that they are poison to me. I slide into the seductive lie that I can and deserve to eat "like other people."

—Jean C., USA

© Overeaters Anonymous, Lifeline, November 19 2025,
<https://lifeline.oa.org/eight-practical-lessons-ive-learned-from-working-oas-twelve-steps/>



OA Concepts Seven and Eight

OA Concept 7: The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and OA Bylaws, Subpart B. Spiritual Principle: **Balance**

OA Concept 8

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office. Spiritual Principle: **Delegation**

These two concepts seemed a bit dry to a lay person like myself and didn't actually mean very much to me at first. As a result, I had to dig on the OA webpage to better understand them.

Basically, Concept 7 indicates where in the bylaws the legal rights and responsibilities of these 2 entities can be found. Concept 8 describes who actually makes day-to-day decisions in an organization that does not have leaders per se.

The Board of Trustees are the guardians of Overeaters Anonymous. OA is a not-for-profit corporation and therefore has to fulfill financial and legal obligations to maintain this status, as well as stay solvent so that Twelfth Step work can be done effectively. It has some of its delegates plus representatives of the Regional Service Board who form the Executive Committee to oversee running the Corporation.

The World Service Conference (WSC) represents the Group Conscience of OA and as such is concerned that we are upholding the 12 Traditions. It has an obligation to hold meetings at least annually so that all groups and service bodies' points of view can be represented. Service Bodies include Intergroups and National and Regional Service Boards. They also include Language and Specific Focus Service Boards that are not necessarily tied to geographic locations. In this way, WSC represents Unity with Diversity.

<https://oa.org/documents/affiliation-and-participation-flow-chart/>

The spiritual principles of **Balance and Delegation** are not only important for the organization but are also relevant to my own spiritual goals.

Balance: I see the two branches of OA representing how the practical and the spiritual ideal must be in harmony in order for an entity to thrive. Just as I must meditate and pray (spiritual ideal), I must do the day-to-day tasks of shopping and preparing healthful food (practical) in order to stay on my recovery journey. Really, I am trying to find balance in my life that I have never had before I joined OA.

Delegation: I am insane about food and food behaviours. The way I see it, the basic premise in this program is that I have to delegate my own sanity to my Higher Power in order to find recovery because I am not an effective director in the theatre of life. My HP speaks to me in multiple ways, often through the voices of the many people in my life, some of whom initially seem even more insane than myself. It is only through systematically listening to these many voices with as much open-mindedness as possible that sanity and Good Orderly Direction can shine through. It also means trusting that I am not responsible to make sure everything is going according to my plan. This is not only because I have shown myself to be ineffective at planning, but because I am human and simply cannot do it all! This means that things may not always be executed exactly as I envisioned, which in turn encourages me to accept life on life's terms.



Challenges & their Gifts

Members share challenges HP allows and the gifts of recovery on the other side.
Q&A and shares to follow

SUNDAY 4/19/2026 1-3PM EDT

Meeting ID: 829 1238 5470
Passcode: 830252

specialeventsoa@gmail.com

podcasts:
oanyc.org/oapodcasts



Coming Back to OA



Join us for a supportive workshop where we explore *relapse* as an opportunity to return to Overeaters Anonymous and regain hope.

Inspiring speakers will share their journeys.

Tuesday April 21st 2026
7:30pm – 9pm Eastern

Zoom meeting ID: 839 6623 4095
Password: 829102

One click access:
<https://us02web.zoom.us/j/839662340952>
pwd=bnLcTbXtytMrxeDWsd7LjCqUHEj27G.1

Joining by phone: +1-646-931-3860

✉ info@oambi.org
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📍 OA Mass Bay Intergroup
☎ (781) 205-9606



ABSTINENCE WORKSHOP

What is abstinence in Overeaters Anonymous?
How do you build & maintain strong abstinence?

- Speaker Panel
- Breakout Rooms
- Q & A
- Fellowship

Sunday
April 26, 2026
3:00pm ET/2:00pm CT
1:00pm MT/12:00pm PT

REGISTRATION REQUIRED

To register scan the QR code, or save this flyer as a PDF and click the link.

<https://forms.gle/cwGdjYE37yJKSd22A>

OA90 Your OA 90 Virtual Intergroup Presents a Workshop on:

The Challenges of Abstinent Travel (and How I Overcame Them)



WHEN? Sunday April 26th
10 am to Noon Pacific / 1 pm to 3pm Eastern

WHERE? ZOOM ID 837 1100 7258 Passcode 202690

CLUE: It's not just about travel. How about eating out? What about that wedding dinner? Luncheon invite? My turn to take the prospective client to dinner? What might be my abstinent challenge? Bring it to Q & A and/or sharing!



Everyone IS WELCOME HERE



How prepared am I for abstinent travel?

Did you know?.....

The Newsletter Committee will be chaired by a new member starting next issue. We would like input from the membership about what features and topics are most helpful in order to continue to serve you best. Shortly after this Spring issue comes out, you will receive an email with a link to a short survey so that you can give us this valuable feedback. We would really appreciate your time and consideration in doing this survey.

Because our current chair will be stepping down, we need a new member to consider joining the newsletter committee. Our sincere thanks to Cristabel who has held the position of chair for more than two years.

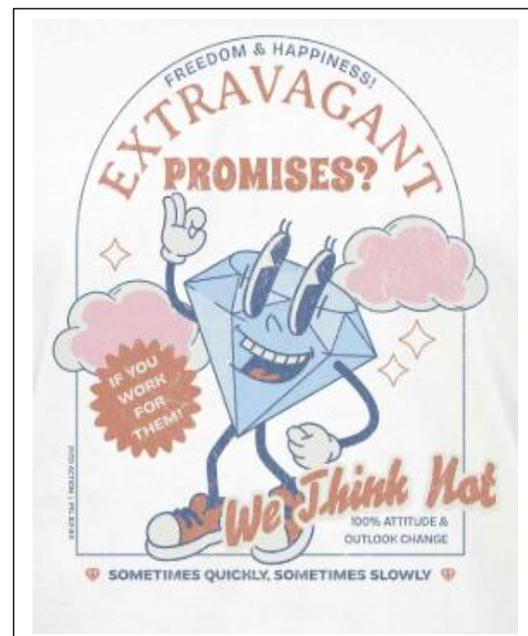
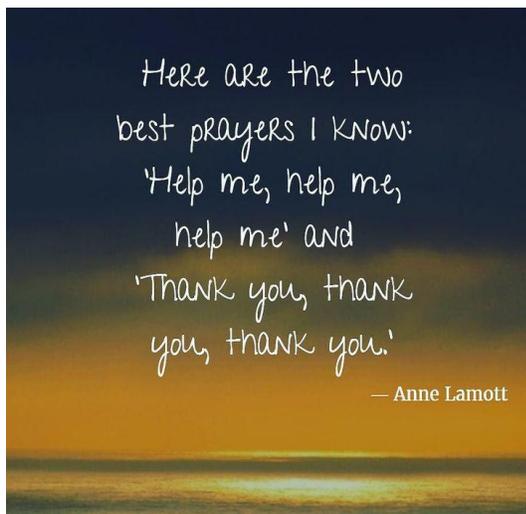
Other articles available on this issue's topic are:

From the OA Lifeline archives:

- <https://lifeline.oa.org/what-helped-me-find-abstinence-was-working-the-steps/>
- <https://lifeline.oa.org/when-i-knew-it-all-it-led-to-10-years-of-relapse-thankfully-the-longer-i-am-in-oa-the-less-i-know/>
- <https://lifeline.oa.org/ill-be-blunt-perfection-is-a-life-or-death-issue-for-oa-members-and-the-fellowship/>
- <https://lifeline.oa.org/restoring-my-house-and-my-sanity-takes-a-consistent-effort/>

Other sources:

- <https://essay.sa.org/article/june-1999-trudging-the-road-of-happy-destiny/>



ANNOUNCEMENTS

SAVE THE DATE!

Mark your calendars! We will once again be hosting a one day convention on Saturday, October 17th, 2026, at John Black United Memorial Church on Roberta and Henderson Highway. More details to follow in the next issue of the newsletter.

OA Telephone Hot Line:

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.

A great way to do service!

Please contact Gail C at oainquiries23@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.

"When you think there is no hope and you feel broken, that is where the window to get better is. When there is nothing left to give, it's time to hand it over."



CARL, UKAT ALUMNI.

Sunday, April 12, 2026, 7 pm CT

Video of OA founder, Rozanne S. will be shown telling the story of the founding of OA and her own struggles with food. In 2000, this video was produced by World Service for the 40th anniversary of the founding of Overeaters Anonymous.

Zoom Meeting ID: 836 1665 1362

Password: 2020

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?pwd=UWhsRmZsVHF0d0dadkM0bXdaUGg2dz09>

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