



A **BITE** OF RECOVERY

***B**ehaviour

***I**nformation

***T**houghts

***E**motions



Summer Serenity



Welcome to the summer edition of our newsletter!

We wanted to bring you a fun, engaging issue filled with activities to keep you busy and focused during the sunny months ahead. To protect the anonymity of our members, we have intentionally removed specific program titles and mentions from the activities. This allows you to complete these puzzles comfortably in any setting—whether you are relaxing at home, sitting in a coffee shop, or taking a break at your workplace.

In recovery, puzzles are a fantastic, practical way to practise both the **Action Plan** and **Writing** tools. They offer a constructive distraction from compulsive urges, help manage stress and calm a busy mind. Please remember that while puzzles are a helpful complementary tool to support your daily structure, they do not replace the core work of the Twelve Steps.

As a reminder, the program formally outlines **Nine Tools of Recovery**:

- **Plan of Eating:** Guiding what, when and how you eat to support physical recovery.
- **Sponsorship:** Working with a recovered mentor for physical, emotional and spiritual guidance.
- **Meetings:** Attending gatherings to share experience, strength and hope.
- **Telephone:** Reaching out to fellow members during cravings or difficult emotions.
- **Writing:** Putting thoughts and feelings on paper to gain clarity on situations.
- **Literature:** Reading approved materials daily to reinforce the Twelve Steps.
- **Action Plan:** Creating structured, tailored steps—like doing a puzzle or taking a walk—to bring balance to your day.
- **Anonymity:** Keeping the focus on principles rather than personalities to create a safe space.
- **Service:** Giving back to help other compulsive eaters and support the community.

Official definitions, brochures, and helpful worksheets are always available directly on the main website at www.oa.org.

Continued on page 2.....

Want to subscribe to our quarterly newsletter?

To receive future editions directly in your inbox, please go to our Intergroup web page at <https://oaheartofcanada.ca/abiteofrecovery-newsletter> and click on the subscribe link or email abiteofrecoverynewsletter@gmail.com.

- **Prefer a printed version?** If you or someone you know would like this newsletter printed and mailed, please contact Pauline, and she will gladly get a physical copy out to you! Email request to ppkulbaba@gmail.com or by phone/text to 204-781-4032.

Shape Our Future: Summer Survey Coming Soon!

We want to provide the best newsletter possible, and your input is incredibly valuable to us. Keep an eye out this summer for our email feedback survey! Your responses will directly shape future editions.

- **No email? No problem!** If you do not use email, please call Pauline at 204-781-4032 so we can arrange to gather your feedback another way. We appreciate everyone's voice!

■ CLOSED Big Book Zoom workshops ■

Below are the workshops with next start dates ... if you want to participate text 856-313-1887 or email kim@grike.com

✨ please choose one that aligns with where you are in your abstinence & step work ✨

✓ 6 week Step 1 series - Saturday 9am to 10am EST Jun 27 to Aug 1.... this is geared towards new people & chronic relapsers (only for those in food or early abstinence)

✓ 12 Steps in 12 weeks - Mondays 7pm to 8pm EST Jun 29 – Sep 14 2026... This is open to everyone (you can join study at any time)

✓ 5 week Step 10-11 series - Mondays 7pm to 8pm EST Oct 12 to Nov 9.... this is for people who have abstinently gone through all 12 steps & currently practicing 10-11 & looking for deeper understanding

Looking for ways to do service?

Please consider volunteering to be on the newsletter committee or submitting an article/picture, etc.

Please think about offering to help with the Public Information Committee or the Convention Committee.

Service positions are available at Intergroup.

Doing service is part of our commitment to paying it forward so that OA is here for the next newcomer when they search for help.



Recovery Talks

Hosted by
Central Ontario Intergroup
oaontario.org

Cultivate an Attitude of Gratitude

Date:

Sunday, July 26, 2026 2 – 3 p.m. EDT

Location

Zoom:

Meeting ID: 901 265 2959

Passcode: hello

Numerical passcode: 575553

No pre-registration and no maximum number of participants.

www.oaontario.org

OVEREATERS ANONYMOUS
"TAKING ACTION"
OA ACTION PLAN
WORKSHOP
 AND
SUMMARY TO THE OA ACTION PLAN MEETING
AUGUST 15, 2026
9:00AM - 12:00PM ET

Purpose of Action Planning *Making Actions Intuitive*
Understanding Common LIFE Activities/Events *Accountability Buddies Matched*
Creating Your 24-Hour Action Plan Template *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

Body Image Workshop

An Active Approach to Claiming a Healthy Body Image with the Twelve Steps

27 JUNE
11:00 AM - 1:00PM PDT

Listen to Experience, Strength and Hope. All are Welcome!

\$5.00 suggest donation
 No one will be turned away
 No registration necessary
 Questions: workshops@oasandiego.org

Presented by Overeaters Anonymous San Diego

Zoom link:
<https://tinyurl.com/oabodyimage>
 Meeting ID: 859 4619 6466
 Passcode: 854885

Your OA90 Virtual Intergroup Presents a Workshop on

Staying True to My Program Through Life's Transitions

WHEN? Sunday June 28th
 10 am to Noon Pacific / 1 pm to 3 pm Eastern

WHERE? ZOOM No registration required
 Zoom ID 837 1100 7258 Passcode 202690

12 Step Tree of Spiritual Principles

EVERYONE is welcome here

How do transitions like these and more affect my program?

Graduated College! He Proposed Today! Moving Day Retired at Long Last! We're Pregnant! I Have 90 Days Today! Free to be ME! I'm Head of the Family Now!

RECOVERY
DAY WINNIPEG

**REAL PEOPLE.
REAL HOPE.
REAL RECOVERY.** **AUG 30TH**
AT THE FORKS

AN ACTION PACKED DAY
for Everyone!

RESOURCE TENT
Information. Support.
Connections.

FAMILY & KIDS FUN
Games, activities, and fun
for the whole family!

LIVE ENTERTAINMENT
Local talent. Big energy.
Good vibes all day long!

SPEAKERS & A DJ
Inspiring stories.
Motivating voices.
Great music.

**A DAY OF
HOPE
COMMUNITY &
NEW BEGINNINGS!**

COME TOGETHER. BE INSPIRED. CELEBRATE RECOVERY.

LIVE MUSIC | **ACTIVITIES** | **FOOD & DRINK** | **FUN FOR ALL AGES!**

#RecoveryIsPossible | **#RecoveryIsReal** | **#HopeLives** | **#RecoveryDay**

Recovery Day 2026

OA Heart of Canada will have a table in the Community Resource tent. A good way of doing service by volunteering for a few hours to share the message of recovery!

If you have questions or to volunteer, please contact Gail Cantor at 204-782-5087 or oinquiries23@gmail.com.

SAVE THE DATE!

OA Convention

Saturday, October 17, 2026

John Black United Memorial Church
(898 Henderson Hwy at Roberta)

Registration: 9:30 – 10 am

Program: 10 am – 4 pm with
short lunch break.

Please join us and hear our four speakers as they share how they work their program.

Cost: \$10

Register at the door or via e-transfer to:

heartofcanadaconvention@gmail.com

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

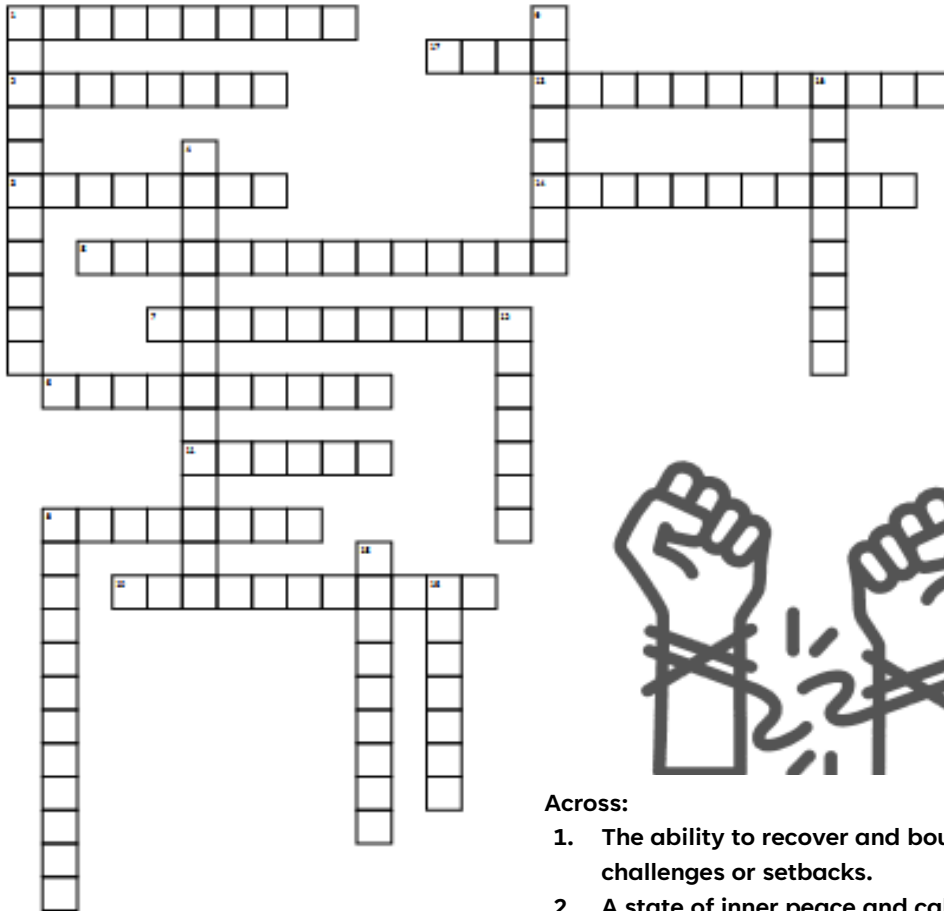
**ADDRESS: JOHN BLACK UNITED MEMORIAL CHURCH, 898 HENDERSON HWY AT
ROBERTA IN NORTH KILDONAN**

HEART OF CANADA MESSAGE LINE: 204-334-9008

EMAIL: oaenquiries23@gmail.com

CROSSWORD PUZZLE

Answer key on page 15.



Down:

1. Lingering negative feelings toward someone or something.
4. The process of removing toxic substances from the body.
8. A gathering of individuals who share experience and provide mutual encouragement in recovery.
9. The process of regaining wellbeing after addiction.
12. A return to substance use or harmful behaviors after a period of abstinence or recovery.
15. The principle of maintaining privacy in 12-step groups to foster openness and trust.
16. A mentor in a recovery program who provides guidance and support to someone newly in recovery.
18. A self-assessment that's often part of recovery programs.

Across:

1. The ability to recover and bounce back from challenges or setbacks.
2. A state of inner peace and calm.
3. External or internal cues that may provide cravings or lead to relapse.
5. The practice of taking responsibility for one's actions.
6. The conscious decision to refrain from using addictive substances or engaging in harmful behaviors.
7. A concept of spiritual entity or force greater than oneself.
8. The state of living without consuming substances like alcohol or drugs.
10. The practice of being fully present and aware.
11. Efforts to repair harm done to others during Addictions
13. Techniques or strategies to manage stress and avoid relapse.
14. Gaining control over one's life and choices.
17. A sense of optimism and belief in the possibility of positive change.

WORD SCRAMBLE

Unscramble the following recovery-themed words.

Answer key on page 15.

OPRUSTP

MNETTAER

OVERYCRE

EIRBOSYT

LNSWISGNIE

AGCORUE

PEACNETCA

GCAHNE

POEH

AGPORMR

RSPROGES

NTHGERS

WORD SEARCH

Recovery, Fellowship, Addiction, Slogans, Program, Steps,
Service, Serenity, Sobriety, Anonymity, Acceptance, Hope,
Forgiveness, Gratitude, Meetings, Humility, Accountability,
Relapse, Sponsor, Network, Amends

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

Answer key on page 15.

ROT13 Cryptogram Practice Theme:

Instructions:

Decode each line using ROT13 [Rotate – replace with letter 13 places after]

(A↔N, B↔O, C↔P, etc.)

The same decode key is used for all seven quotes

Each encoded letter always becomes the same decoded letter

Write answers in the space provided

No rush — clarity comes with patience

1) Encoded: WHFG SBE GBQNL

Decoded:

2) Encoded: BAR QNL NG N GVZR

Decoded:

3) Encoded: CEBTERFF ABG CRESRPGVBA

Decoded:

4) Encoded: YRG TB NAQ YRG TBQ

Decoded:

5) Encoded: XRRC PBZVAT ONPX

Decoded:

6) Encoded: SRRYVATF NER ABG SNPFG

Decoded:

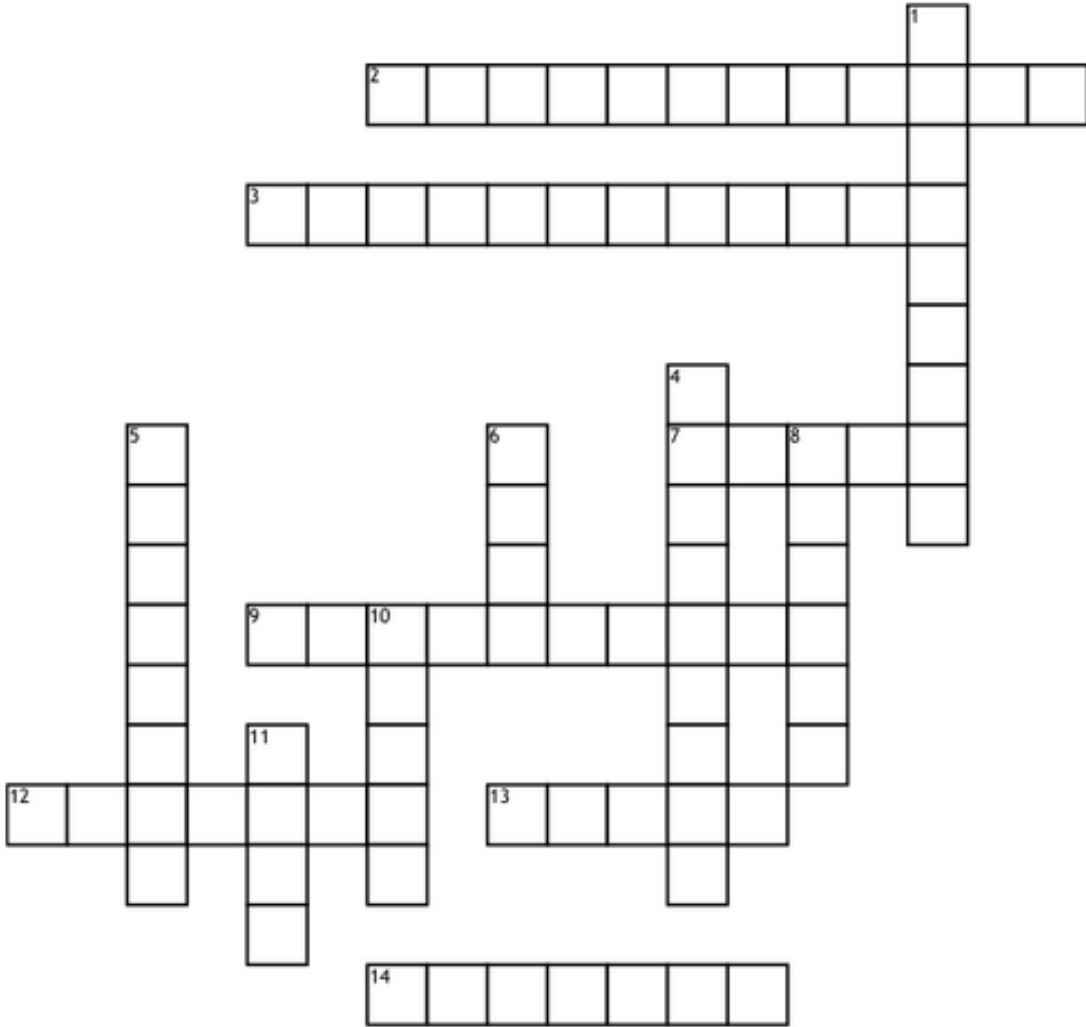
7) Encoded (Serenity Prayer — short form): TBQ
TENAG ZR GUR FRERAVGL GB NPPRCG GUR
GUVATF V VPNAABG PUNATR

Decoded:

Answer key on page 15



CROSSWORD



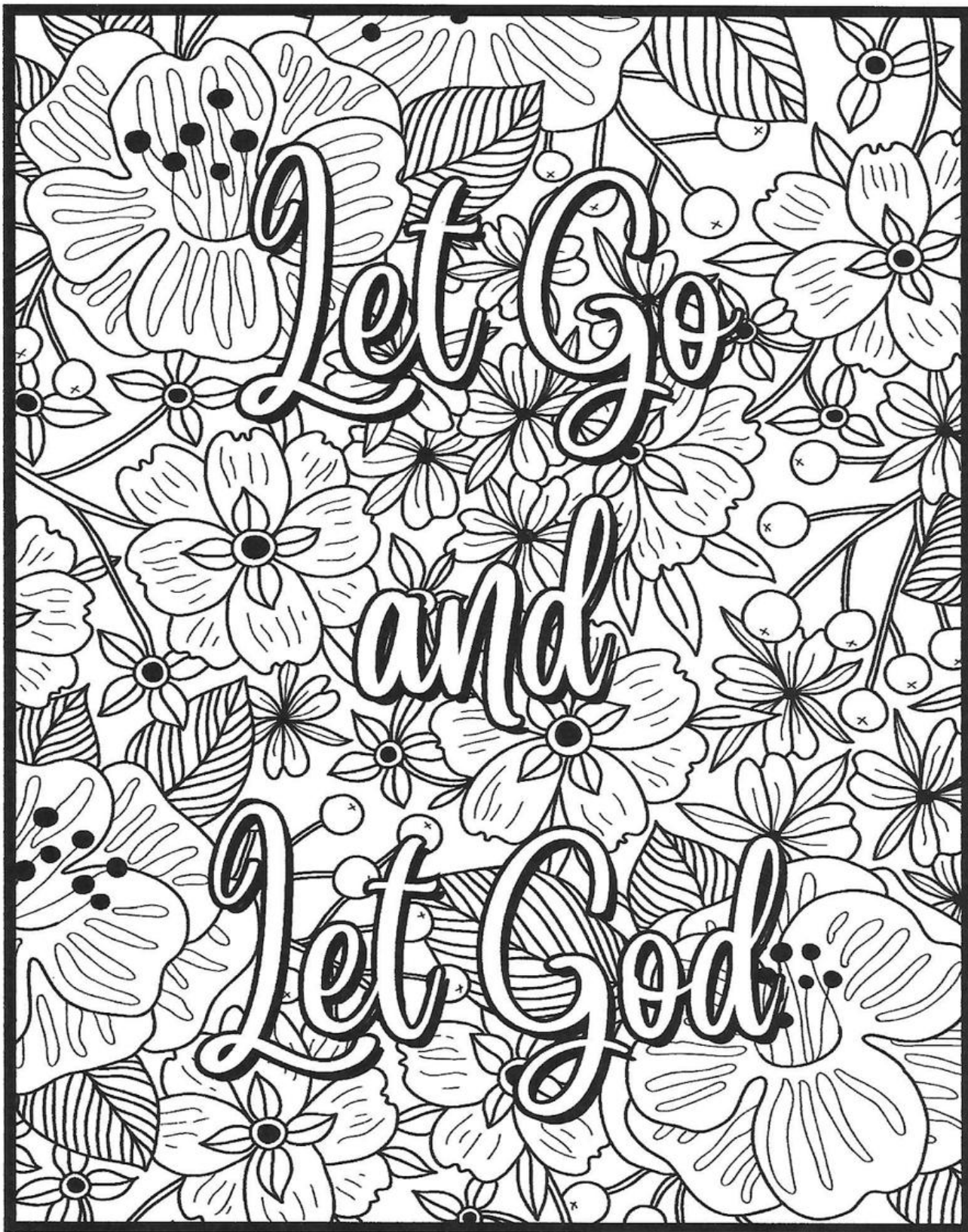
Across

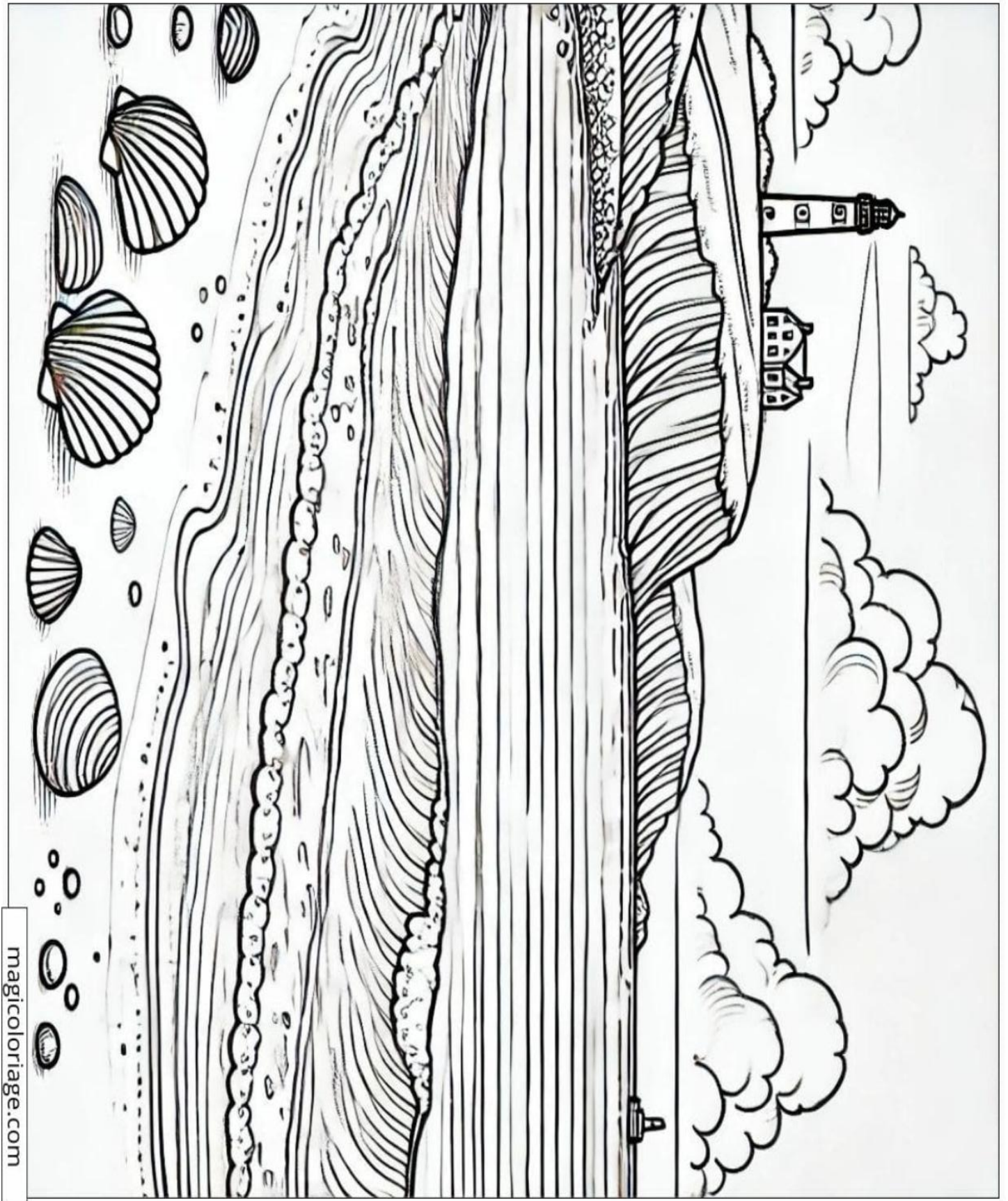
- 2. Step 7.
- 3. Our lives became this.
- 7. Greater than ourselves.
- 9. This helps us improve our conscious contact with God.
- 12. To make amends we must be this.

- 13. _____ inventory.
- 14. We were ready for God to remove these.

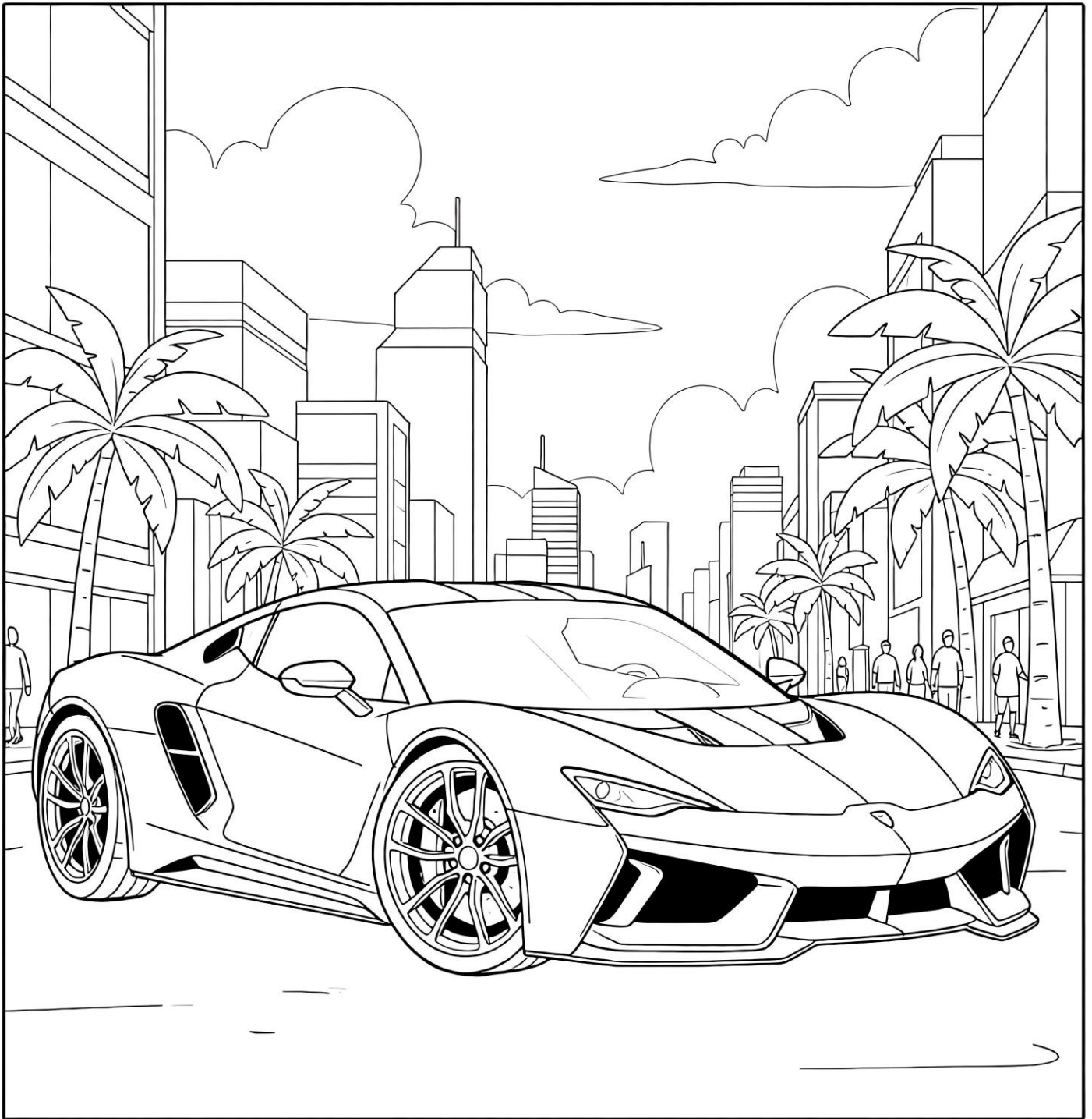
Down

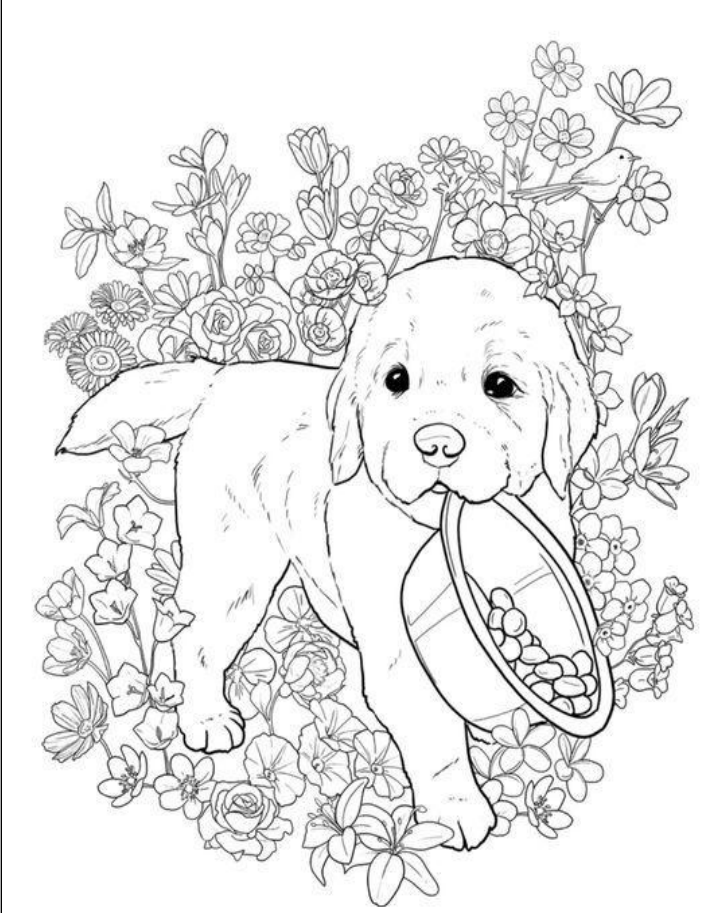
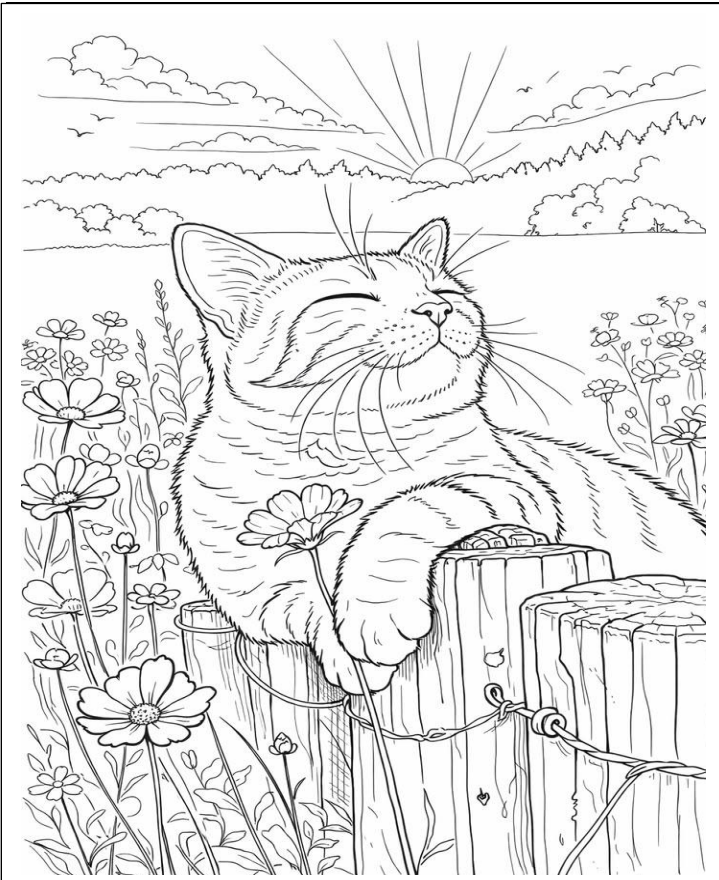
- 1. We continued to take this daily.
- 4. _____ awakening.
- 5. Another word for fast.
- 6. All people we had harmed are on this.
- 8. We admitted these things to God, ourselves and another human being.
- 10. We are powerless over them.
- 11. We turned this over to the care of God as we understood Him.





magicoloriage.com





WORD SCRAMBLE

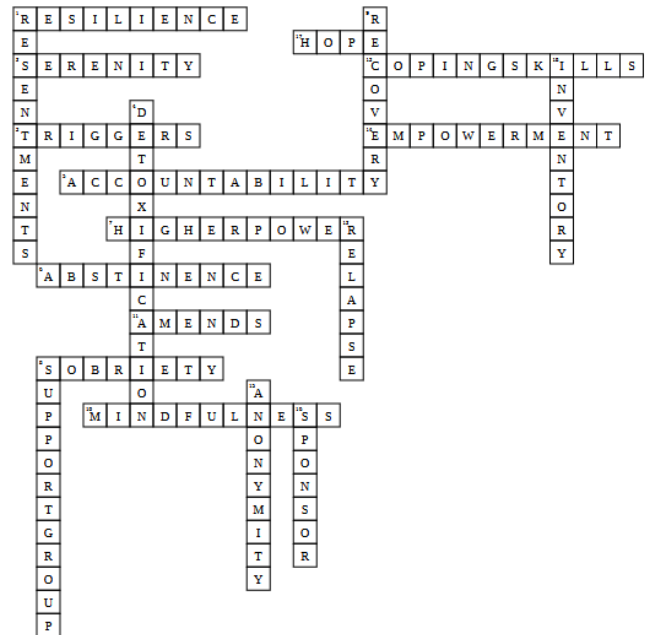
ANSWER KEY

OPRUSTP	<u>SUPPORT</u>
MNETTAER	<u>TREATMENT</u>
OVERYCRE	<u>RECOVERY</u>
EIRBOSYT	<u>SOBRIETY</u>
LNSWISGNIE	<u>WILLINGNESS</u>
AGCORUE	<u>COURAGE</u>
PEACNETCA	<u>ACCEPTANCE</u>
GCAHNE	<u>CHANGE</u>
POEH	<u>HOPE</u>
AGPORMR	<u>PROGRAM</u>
RSPROGES	<u>PROGRESS</u>
NTHGERS	<u>STRENGTH</u>

CROSSWORD PUZZLE

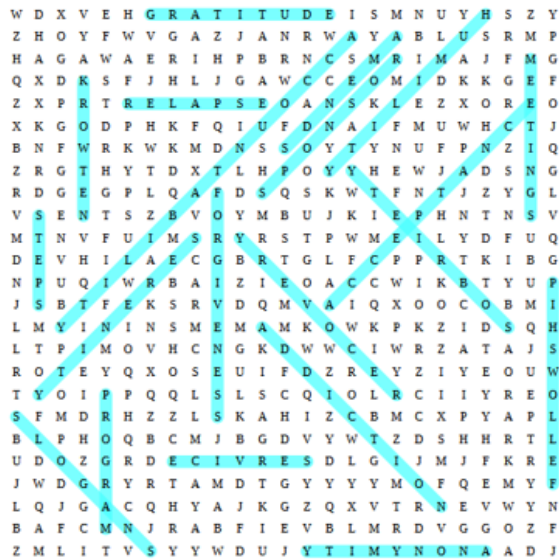
(Page 6)

ANSWER KEY



WORD SEARCH

ANSWER KEY



Cryptogram

🔴 ANSWER REVEAL

1. JUST FOR TODAY
2. ONE DAY AT A TIME
3. PROGRESS NOT PERFECTION
4. LET GO AND LET GOD
5. KEEP COMING BACK
6. FEELINGS ARE NOT FACTS
7. GOD GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE

ROT13 Decode Key

A=N B=O C=P D=Q E=R F=S G=T

H=U I=V J=W K=X L=Y M=Z

N=A O=B P=C Q=D R=E S=F

T=G U=H V=I W=J X=K Y=L Z=M

CROSSWORD PUZZLE

(Page 10)

ANSWER KEY

