



OVEREATERS ANONYMOUS®

OA INTERGROUP NOVA SCOTIA #09262 NEWSLETTER – REGION 6
APRIL 2021



*"I put my hand in yours,
and together we can do
what we could never
do alone...."*
-OA Promise



April

Saturday Apr 17th, 2021 **OA NS Intergroup Meeting: Virtual.**

Apr 12th -24th, 2021 **2021 World Service Business Conference Theme: "Looking to the Future;
One Day at a Time": Virtual.**

May

Monday, May 3rd, 2021 **Mel B.'s 2 years of abstinence celebration at the Truro meeting. (email details to follow)**

Thursday, May 6th, 2021 **Lisa N.'s 1 year of abstinence celebration at the Thursday night Halifax meeting, via Zoom. (email details to follow)**

August

Saturday, August 14th, 2021 **Newsletter submission deadline for August edition.**

Saturday, August 21st, 2021 **OA NS Intergroup Meeting. (email details to follow)**

NS Intergroup #09262

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A word from your Editor

My name is Tobi and I am a compulsive overeater. Of, at least that one thing, I am sure.

I am honoured to step in as your Newsletter Editor and give service, in this role, for as long as I am needed. I have been your Newsletter Editor in the past and am grateful to have been given this opportunity again.

I have been blessed to do service at the group, intergroup and region levels.

I have always felt a strong sense of gratitude and duty to give back. No matter what I've done or what I do in the future, it will always only be a fraction in comparison to what has been given to me in this program.

In June, of this year, I will have been attending OA for 17 years. (a miracle in itself) I was taught very early on that when asked to do service, unless you are physically unable to do it, the answer is yes. That made sense to me.

For years I sought relief and answers in all the wrong places. (now I am singing looking for love in all the wrong places!) I sought answers in diets, weigh & pay clubs, books, exercise programs, etc, etc, etc. Of course none of these worked.

The ONLY thing that has ever brought me serenity, peace, happiness, joy or freedom is OA. Although I had no money when I joined, I would have found whatever amount of money I needed to pay for the solution; and there it was – for free.

In fact I was asked NOT to contribute to the basket until I was sure it was for me. Which was ideal, since I had no money! How many weigh & pays offer you a six week free trial? None that I ever tried, that is for sure. By the time I was sure, I did have a couple of bucks for the basket – because my life was slowly improving already.

I must clarify that when I say a 'sense of duty', I mean it in the best possible way, not in a negative, obligatory way.

The dictionary defines duty as a moral or legal obligation; a responsibility. That is closer to what I mean. A moral obligation, but of the best variety.

Prior to this program, gratitude was just a word in the English language. Not something I ever felt or experienced. I was too selfish and self absorbed.

The dictionary defines gratitude as the quality of being thankful; readiness to show appreciation for and to return kindness. Yes, that is it! I am and will forever be thankful for this program and all of you beautiful OA fellows!!! And I am ready to show appreciation and return kindness, through service, whenever I am asked.

A very special thank you to our outgoing Newsletter Editor, Mel B., not only for her service but for also going above and beyond with helping me with the transition and letting me continue to use her beautiful artwork!!!!

Thank you for this opportunity.

Big Hugs & Love,

Tobi M., Thursday Halifax Group

Please join in submitting your ESH for August's Intergroup Newsletter by August 14th, 2021.

If you have any questions or answers for the Ask It Basket, please forward to the same email below.

Email : newsletter@oaigns.org

LIFE WAS NEVER MEANT TO BE A STRUGGLE

This has been in my thoughts lately; LIFE IS A STRUGGLE. Now over a period of too many years, I have laid down a couple of hundred thousand thoughts into my subconscious that say, "life is a struggle,". Then naturally I would project that from my feelings. Even though I was not necessarily conscious of that aspect of my inner self, the thought would still lie deep within me, and it would show up constantly in my life.

In fact, it did show up constantly in my life. It showed up when my husband, two sons, and I were living in the country with only one vehicle. It showed up when I did not get the job I had applied for. It showed up constantly through 30 years of migraine headaches. I could go on and on. I would react to these thoughts over and over in the same manner: life is a struggle for me but not for others, poor me. Then I would react by compulsively overeating day after day, week after week, month after month, and year after year. I ate mindlessly. After all, I had to comfort myself somehow. When things would go well in my life, I would still compulsively overeat. After all I knew life was a struggle, and the good times would not last.

When things would be easy, WARNING, WARNING! This is too simple! Time to self-destruct so that my experiences were compatible with my inner thoughts. Never did I think I was missing anything in my life. Never did I think I was living in the problem. After some years of compulsive overeating and failed diet after diet, exercise programs, diet pills, and self-help books, on August 3rd, 2018, our 43-year-old son died suddenly in our home from a severe allergic reaction to one wasp sting. After the initial trauma had settled somewhat, I kept thinking how fleeting life can be. It made me think about my own deteriorating health

situation and how my compulsive overeating was contributing to that.

Around this time, I came across Overeaters Anonymous on the internet. I had heard of the organization before and knew that it was connected to AA and that it was a 12 Step program. I began to do research on this organization. The more I read, the more intrigued I became. I decided to look for a face-to-face meeting in my area, to no avail. I did discover through OA.org all the virtual meetings available for anyone who wanted to attend. I Zoomed into some of these meetings all over the US. I was told the only requirement to join OA was a desire to stop eating compulsively. That fit me perfectly. Around this time, I discovered the Facebook Overeaters Groups and joined a few of them and posted on them from time to time.

I was now looking for a sponsor to start working the Steps with. One day, unexpectedly, I received a private message on Messenger, telling me about this Atlantic Recovery Virtual Group and inviting me to try a few meetings. I was delighted to find out that there was this group available to me in my own Atlantic time zone. Trust me, time zones are important to this 72-year-old! The Atlantic Recovery Group has become my home group. Soon after I found a sponsor that I feel very compatible with and I enjoy working the Steps with her. Through working with my sponsor, I discovered that I was missing something in my life: a spiritual aspect, and that LIFE WAS NEVER MEANT TO BE A STRUGGLE. I have been laying down new tracks in my subconscious, that life was never meant to be a struggle, and I choose to live in the solution. The solution is working the Steps and using the tools while letting my Higher Power direct my path. The more I work the Steps, the more I realize that OA is about discovering the person I was intended to be. It is late in my life to be discovering this but better late than never. LIFE WAS NEVER MEANT TO BE A STRUGGLE.

-Yours in OA / Judy K



10th Stepping to Sanity

Yesterday was a huge eye opener for me in so many ways; another lesson on how crucial it is to use my program in every aspect in my life. For nearly 57 years, when having to deal with anything whether it be people or institutions etc., I would get riled up, resentful and I would just walk away, not deal with it. "Not worth the hassle or my breath" I would tell myself, but I now know, that was a lie.

Yesterday in feeling that way, in an instant I seen the red flag and stopped. I knew the volume on my character defects was being turned up. I could feel the anger building in my body. I knew I had to 10th step this ASAP. For so many years, I didn't know how to react to life. How to deal with things in my life. In my character defects, I would react and most times it wasn't the best for me. I look back, how in the quagmire of not knowing how to react, everything built up so bad. I resorted to food so to not feel what I was feeling. And as the Big Book says, "It gets worse never better" and boy, did it ever.

In resorting to food to cope, the allergy to my body; those cravings, took hold. Add that to the compulsive behaviors I had, it then made me into a true Compulsive overeater with that double whammy. There was nothing I could do to stop. So grateful for the 12 steps that brought

recovery into my life. A freedom and peace I can have never felt before.

Knowing I will always be a Compulsive Overeater, I know how my character defects can always come into play. I know this for I am human with many years of practice in old ways. Like being in auto pilot, I can do things without thinking. It has only been by staying connected daily with my HP that He gives me the awareness to catch myself and use the steps to stop, dig into the why, see what defect at play and see what I can do differently. I then let go and Let God, surrender that defect and ask God's will be done not mine. I take whatever action or non action needed. I tell someone of it. make amends if needed. A 12-step way of life keeps that garbage free from building up. ... for I know, that is what eventually takes me to the insanity and food. I am forever grateful for my program.

In the wake of the Pandemic, with my face to face meeting place being closed. Our group decided on telephone conferencing for our meetings. I took on the service position as a contact person to line up the phone numbers to merge everyone into a conference call for meeting. Not having many members who knew how to merge others into the call was challenging to figure everyone in. Everything would have to go smooth for it to happen. One of our conference calls, there were 19 people wanting to join in on our meeting. Due to difficulties with some not being able to merge, we were only able to merge 12 of the 19. It was disheartening. I wondered if this was the best method to use for meetings. Yet where many members having fear of the internet to go to another method for meetings. I knew there was nothing I could do, except offer help in any way I could and rely on HP. I did search other possible alternatives for our next GC, dug in to find all details. It was overwhelming. Digging into new things is even challenging for me. Even in my own fear, I knew I had to push through for I knew to stay stagnant would only hurt me. Man, I did a lot of breaths.

Before the GC, a few voiced their opinions on staying with the phone meetings because it's familiar. I said, "What about those who want to join in but can't? Isn't that like putting a lock on the door when in OA it's to be open to all who have a desire to stop eating compulsively? "We can only do so much. "was a reply. Something within me was triggered. From deep within I felt like I was seeing red. All I could say was "I guess I see things differently."

I kept repeating Father I need to let this go, but it was like a burr up me arse. Group Conscience was in a few hours. What was going to happen? How can we not have a meeting and allow some to join and some not? How do you choose? So many thoughts raced through my mind. At one point I felt that familiar feeling, "well, I'll just quit and join another group " RED FLAGGGG oh no... I recognize that!! All my character defects at play!

I knew I needed to 10th step asap. Hey... I had felt my anger and my frustration build in my body. A light bulb went off. I could not react from this. Who was I to think another should work their program like me? How another works their program is on them ...not me and NONE OF MY BUSINESS. Was I being controlling? Am I being honest? Am I being selfish? Am I afraid? How did I know what needed to be done? Who am I? Wow, how humbling to see all character defects at play. If my HP is to be in control...who did I think I was? Immediately I admitted my powerlessness. I was unmanageable in this state. I knew my only option...Surrender to my HP. "God, I offer myself to Thee – to build with me and do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help, of Thy Power, Thy love and Thy Way of life. May I do Thy will always!! "

A peace came over me. I knew whatever decisions were made at the GC; God was in control.

I did voice my opinion; a good discussion was had. Something I realized that is so important. A good discussion before voting. Keeping an open mind. In this manner, it is how all points of view get hashed out on the table to see all points of view, so we can make an informed decision that works for the whole group. Some members became willing to learn how to merge and check their providers. I seen how our HP was working. The outcome may not have been how that self will run riot would have chosen, but seeing a HP work in members and me; seeing & feeling willingness, I felt full and blessed to be a part of a wonderful group.

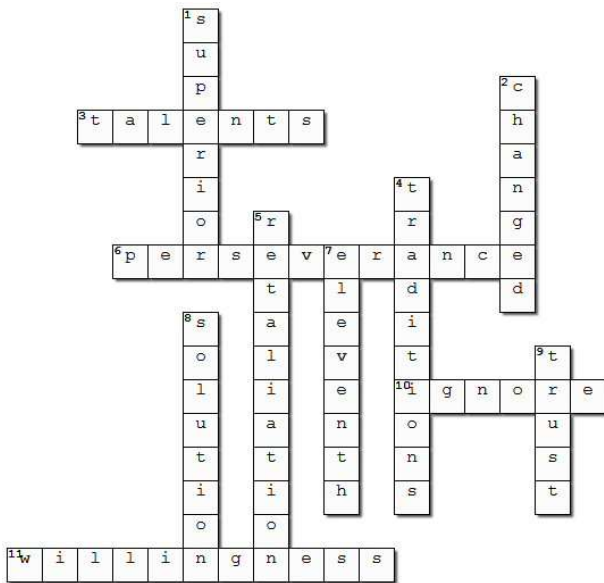
Amazing how a 12-step program, keeps things clear. A willing heart taking action and listening to do the will of my HP not mine. So grateful for this way of life. Finally, a way to know how to live!!

My program works when I work it, and I am SO worth it!!...and so are you ❤️

-Mel B.



Answers from Last Newsletters Crossword:



Moral Responsibility

I am a compulsive overeater. I have a mental obsession that condemns me to eat once my physical allergy is triggered. Like a hamster on a wheel, I was going around and around this addiction cycle. I could not help it. I had to eat. Coming to OA, I found out what was wrong with me and that compulsive overeating is a fatal illness. Knowing this and that the way out is the 12 steps, I was obliged to get well. I am not responsible for my illness, but I am responsible for my recovery.

-Joanie M., Truro Group

I went back to the steps and found sanity

There is more to my disease than body size. I have to look at all of it. Losing weight changes nothing but the weight. It's the food obsession

that drove me nearly crazy when I was in my two-year relapse. One day I was standing at the stove and wanted to scream, not because I had gained the weight, but because I wanted to drown out the voices that chattered in my head about nothing but food and where I'd get my next fix. The obsession was what got to me. I was sick. I was sick of thinking about food 24 hours a day. I was sick of planning my next trip to the Dairy Queen, eating on the way. To quiet the voices, I didn't go on a diet. I went back to the steps and found sanity and a food plan that works for me. It's easy to forget how bad it was. Thanks for letting me share.

-Elsa P.

Alone with my HP

It is a Saturday night and for the first time in probably years I am alone in my house. My two oldest children went away for the weekend. My youngest and his father went to visit family.

I am so "over the moon" with this solitude I am beyond words. My wood stove is crackling, my dog is sleeping at my feet and my house is tidy (a rarity). The first thought that came to me when my dishes were done and I was about to put on my Netflix show was " wish I had something to eat". Is that because I was hungry - definitely not; I finished an abstinent supper ~ 1 1/2 hours before this. I was not H.A.L.T.- hungry, angry, lonely or tired. I was happy; almost ecstatic and so incredibly grateful for this time to myself.

It's been an exciting day; we had a calf born this morning (our first) which was anticipated a couple months ago so we assumed our cow must not have even been pregnant until a couple weeks ago (we had recent signs and were hopeful so not entirely shocked). I did not do my prayer time with HP or my readings this morning and then got caught up with chores and tasks.

Here I am alone and my HP nudged me to pause and spend some time with Him. I prayed as I usually do every morning, I read my readings, did my gratitude list and prayed for those who I feel would benefit from some love and TLC.

HP is always nudging me and due to my normal life commitments and responsibilities I end up procrastinating when it comes to calling a family member, friend or doing OA service.

Recovery has blessed my life so much that I sometimes take for granted all I have. In thinking on a wordly level - I am amazed how HP works and I like to think that HP tries to guide each of us. A BBC radio broadcast interviewed a Kenyan woman about her experience last spring as the pandemic locked down her village and all those surrounding her. Many of the citizens worked as housekeepers, butlers, drivers etc for the wealthier people and at that point were no longer permitted in their employers home due to fear of getting the virus. Thus, they were more destitute ; this woman lived in a mud walled, one room structure with her children and described her plight.

I get so caught up in my day to day chores and tasks and my defect of self centredness is often just under the surface and sometimes I refuse to listen to HP's nudges. I believe it is human to get caught up in our own lives but I will try to remember HP is caught up in all our lives; no matter what part of this beautiful planet we exist in.

My life is a fairy tale compared to so many people in this world; economically, socially, and healthwise.

My life in recovery is a fairy tale in comparison to my life in the food.

HP reminded me of all of this tonight- after my first thought was " wish I had something to eat", this was my kneejerk instinctual reaction to joy and pleasure.

I must never forget I am a food addict; that if I am not on guard and aware of these feelings and if I am not spiritually fit from practising my daily tools, I may fall victim again to this disease.

I never want to go back to the life I had in the food; I love my life now (as busy and crazy as it is). The joy I feel in recovery is real contented joy...I never felt that in my disease.

Thank you HP for this time alone with you on a Saturday night. It's been a lovely date!!

-Claudette, Truro Group

Spirituality and Religion

In early recovery, I wondered if I was somehow betraying my religion. The Big Book's "We Agnostics" chapter helped me a lot. I've come to call it a primer in spirituality. "God either is, or he isn't" p.53. So many of my old ideas had to be smashed. I followed directions – the Steps. Change! Change! Change! The steps led me, not only to not have to eat compulsively anymore but to really know God and to truly practice my religion through these 12 steps. My faith has only broadened and deepened.

-Joanie M., Truro Group

TRUST

Hi my name is Melanie and I am a compulsive overeater with 21 months of abstinence and a 153 lbs released.

I remember when I first became abstinent and I wondered if I was eating enough or eating too little. I knew I could overeat as well as restrict. Diet mentality was strong with me for that was all I knew for 57 years and what I lived. Eating myself to well over 600 lbs 11 years ago and then restricting to lose well over 400 lbs. I was obsessive and lived in the extremes and wasn't sure if I could trust myself. I knew I must never

touch my alcoholic foods again, but what about my plan of eating?

I chose 3 meals a day no in between eating and no evening eating. I knew I was tired of the dieting and wanted my plan to be a healthy balanced plan for my diabetes and overall health. . I followed what my health care professionals told me and I ate the caloric intake of what I would be eating for life at my age, height and body frame. I wanted a plan that would be what I would be eating for life. No restriction, no overeating. A plan that I could be free from computing and worry. I was so tired of weighing, measuring calculating. Hell, food on the brain gave me a dang headache. It consumed my every thought. I wanted freedom from that. Could I trust myself? NO. Could I trust my HP to do it for me?

It was scary for me... I didn't trust myself...but I heard early in abstinence...you focus on the food you will lose recovery...focus on recovery the weight will take care of itself. I made my plan and put it into action. Food became mute. I have eaten my balanced food plan and weight came off. I didn't even walk/exercise until 11 months. I was afraid, for I knew exercise could be an obsession for me to get that feel good.

Walking now is not exercise but a lifestyle change. I find it very enjoyable, in fact a time to walk meditatively with my HP. It balances my life like my food plan does. I eat exactly the same as I did from day 1. I am on no diet. I am living. I needed to learn to trust my HP and allow him to do for me what I cannot possibly do...which is just about everything. I know early in abstinence I was very ridged and would take my food with me, I did not trust me. I now am relaxed. Trust my HP will show me. My HP had proven time and time again I can Trust. And In relying on HP, I have learned to trust me. That part of me that is connected. Oh, there is that disease...that wee voice that can pop in especially when my ego comes into paly. I am

grateful for the awareness and the intuitiveness that HP has given so I can stay AWAKE. DO I make mistakes? Hell yes. That is where growth and learning is.

I may be powerless but I am not helpless so I took ACTION. That was hard for a SLOTH like me!! But I was desperate. I WANTED RECOVERY BAD!! I was willing to go to ANY lengths for it! I have felt the disease at it's worse. In NO WAY do I want it back. Hell no. And so, like the compulsive person I am, I dove into program like my life depended on it. Completed the steps in less than a month and recovered and then I continued in the steps and continued growing. I work my program daily. I MUST do it and take ACTION or I will go backwards, my recovery is contingent on staying spiritually fit for I am and always will be a compulsive overeater. Never cured only recovered for today. I TRUST this is only possible by relying on my HP 24-7. My HP and I are building a relationship. One of trust and I know he has my back. I am committed to my relationship with him. Yes, it is hard work at times. Any relationship is. I TRUST my HP.

My recovery is a progression of always learning and moving forward. Finally accepting life on life's terms is an awesome way to live. Life is not perfect. I am not perfect. But I do have a perfect program so I can live free and in peace. Thanks to my HP and my OA program.

Being 21 months abstinent, I wonder if I am soon where I need to be for a healthy weight. I have no goal weight. I rely on my HP to show me where I need to be. Yes, my doctor has an approximate number but due to my excess skin and not knowing it's weight, I must trust my HP will show me exactly where I need to be. Each phase is a learning... a trusting to lean on my HP for EVERYTHING. My HP has shown me I CAN TRUST him. I know it is very easy for me to take back the wheel and my ego can run me a muck so easily. So grateful for awareness so I can recognize the hobbling liabilities of those

disturbances. I can spot check/10th step them, clear them away and see what it is I can do better... and take action. Program works when I work it and I am worth it and so are you!

-Mel B.

Something I Know

My inner strength that comes from my HP is more powerful than my ego that looks to people for validation. God loves me first. There isn't anything I can do to make this life force love me more than he/she/it does. I don't have to pray twenty times a day, give all my money to charity, plant a vegetable garden, or visit shut-ins to make God love me more. The love is 100% right now, just as I am. I can do things to make the world a better place, but they have nothing to do with getting more love from God. The love is there.

-Elsa P., New Brunswick



The Steps

Steps 1, 2, 3 – give up.

Steps 4, 5, 6 – clean up.

Steps 7, 8, 9 – make up.

Steps 10, 11, 12 – keep up.

-Joanie M., Truro Group

Hope in OA

Last newsletter I shared my struggle with food from childhood to my early 20s concluding going from a diet plan mentality to embracing OA as a spiritual program. In this newsletter I would like to share my current struggles with food in my 30s.

For the last couple of years, the struggle against compulsive overeating has really become evident, and I now embrace the fact that I have a true eating disorder label. As some of us face, the lack of control and self-discipline is quite prominent in our food choices and food behaviours for those of us that overeat, rather than the opposite of restriction. As OA acknowledges, this disease gets gradually worse over time and can be quite cunning, leaving us in a baffled state. I often fantasize about being in the opposite end of this disorder spectrum, that of restricting my eating and visualizing myself as a very thin person. "If only I could be like this...then I would feel better because of this..." or so my mentality floats to. Neither mentality of reasons to overeat or restrict of the food intake helps in my current disordered state. Truly I concede that I am delusional about the use of food in my life.

Shedding light on the reality of this disorder and coming to terms with the necessary OA program in my life has proved challenging. I often lose my footing on climbing up the step levels of the

program because I am still very much into my illness, even after two years of program. I will confess that I still have slips almost weekly and have had many relapses in my disease, necessitating many start-overs and new dates of abstinence. If I am honest, I have lost track over my current abstinent start date but consider myself over 90 days abstinent now. I am due for my 90-day OA chip coin, but yet I feel that I do not deserve such a reward or recognition due to an "imperfect" eating plan. I wonder if you feel the same way I do? That of feeling "less than" and "flawed" in most areas of life?

It is so easy for me to slip into such punitizing and negative cognition over my lack of willpower and perfectionism of my eating behaviours. It humbles me to my knees. I have learned that the use of prayer and meditation to be pivotal in my day-to-day recovery in OA, returning to the first three steps of program: I am powerless over food, believing in a Higher Power that can and will restore me to sanity because I make the decision to turn to God for restitution.

After all this time in OA, I still struggle with the concept of hope. Hope in my personal recovery. I still do not have a firm grasp on my eating plan, nor have I released any weight yet from my obese frame. But I see others succeeding and having a deep hope in program. Because of others'...yes you, it in turn translates to a hope within me. And in each step I take, and every meeting I attend, the spark of hope ignites itself within; carrying me further in one-day-at-a-time recovery. Yes, hope is vital. And now I believe I have it fuelled within my life.

-Éowyn M., Halifax group member

My Treat

Someone asked the other day, what do I use to treat myself with no food items. Man did old memories come flooding back.

Treats. Amazing during my diet days I had certain "treats". Hell, "treats" like some reward, for what? Ahhh a treat...another feel-good I wanted. An excuse to fill a hole that longed to be filled. To stuff. I remembered how often my addiction went to the extremes. When overeating treats were all the time. When restricting, when dieting, I would buy nail polish, jewellery, clothes, yarn. Hell, treats became my compulsion, an excess no matter if they weren't food, they became my compulsion. I am an addict. I needed relief to stuff and nothing was untouchable.

When I moved last year, the yarn I had... 10 friggen totes!! Who needs 10 totes??...an addict does!! I am a compulsive overeater. I am a compulsive person. Being abstinent for me isn't just about my alcoholic foods, and food behaviours, it is also my compulsive behaviours of any kind. I must be honest and be awake to watch. for my behaviours can keep me in my compulsive feel good. I must watch for those slight disturbances which are hobbling liabilities for me. Working steps 10-12 daily and keeping things cleared, keeps me recovered. I need my recovery. I do NOT want the crazy miserable life I had. I will go to any lengths for my recovery! I need to STAY AWAKE and take ACTION.

So, do I have treats now in recovery? No. My "treat mentality" always got me into trouble. That feel good is a replacement for me, for it is a deeper issue I needed to dig into. As an addict my feel good can transfer so easily. So "treats" for me was a behavior, an old idea that needed to be smashed. I am worthy of love and acceptance to be treated with love every minute of the day. When I cleared away the garbage in

my step 4, my esteem grew. Feeling loved, feeling accepted, being at peace, my desire for treats lessened. I feel good because I accept myself and love myself finally. I have everything I could possibly need. If there is any reward or treat to be had, it is in my being recovered and sane ... and man that feels awesome!!! It completes me that I am filled and not lacking to be looking for "a treat" to make me feel complete.

So grateful for program.

-Mel B.

Character Defects Become Assets

Some of my character defects are now assets – most of the time! They do come back, and I must accept that fact and turn to God (p. 53 OA 12+12 2nd ed.) They come back when I take my own will back; as long as I pause and ask God for the right thought or action (btm p.87 Big Book), I am alright – God's will not mine. Then, for example, my stubbornness becomes perseverance, and my judgemental-ness becomes discernment. Asking God for the right thought or action, gives me space between impulse and action. Before the 12 Step life; I did not realize "that character building and spiritual values had to come first, and that material satisfactions are not the purpose of living" (p.71 AA 12+12).

-Joanie M., Truro Group

HELP, WOW & THANK YOU

Our Nova Scotia retreat once had a leader tell us that there were three prayers that NO ONE was too busy for; "HELP", "WOW" & "THANK YOU". She suggested if we were busy people, pressed for time, to say HELP upon awakening, WOW throughout the day as our HP's work became evident/was revealed to us and THANK YOU when retiring for the night. (Of course this is just my paraphrasing version) This really hit home for me. I used to be very pressed for time and used it as an excuse for a lot of things. Today I am not as pressed for time (another gift from my Higher Power) but also know that I will not always make the time I should for prayer – this suggestion gives me NO excuse. I cannot count the number of times I have said WOW to my HP in the last few months. More importantly, I have learned to say THANK YOU almost every single time I recognize my Higher Power's work! This is progress!

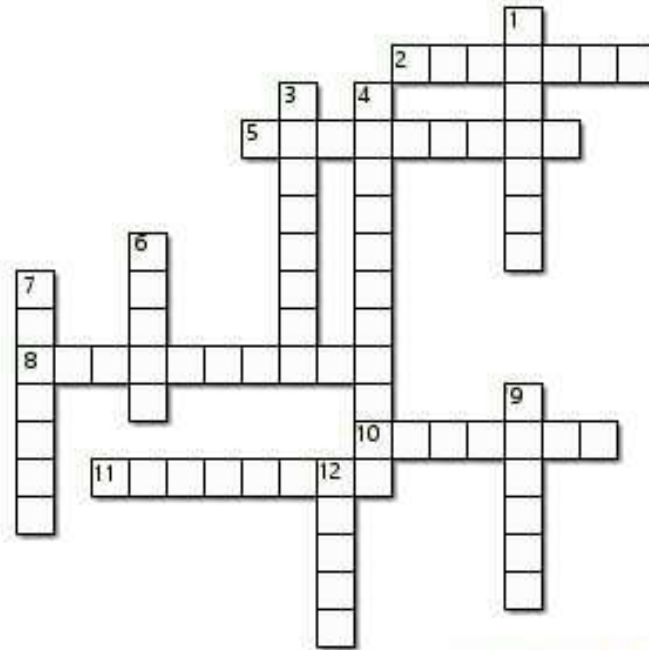
-Tobi M., Thursday Halifax Group



An OA Literature Crossword Puzzle

Along with working the Steps on a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance and manageability into our lives. – The Tools of Recovery, pg. 50

Literature is one of our Tools of Recovery. Here is a crossword puzzle to help us dig into our literature. Each excerpt given is a line from our literature. One word will be missing; fill that word into the crossword puzzle. A hint is given as to what book the answer is found. Have fun finding OA's truths.



Across

2. "If we want to live free of the _____ disease of compulsive eating, we accept..." (OA 12 & 12 p.19)
5. "...who have _____ from a seemingly hopeless state of mind and body..." (AA BB pg.20)
8. "...my serenity is directly proportionate to my level of _____." (AA BB p. 420)
10. "Anonymity is not the same thing as _____." (AA 12 & 12 pg.165)
11. "...is necessary for all of us to accept whatever gifts we receive with deep _____." (As Bill Sees It pg.168)

Down

1. "...be the manifestation of an _____ which differentiates these people, and sets them apart..." (AA BB pg. xxx)
3. "The _____ that we are like other people, or presently may be, has to be smashed." (AA BB pg.30)

Down continued

4. "We live in a world of _____." OA 12 & 12 pg.151)
6. "... the secret of their _____ lies in the fact that these life-giving communications spring out of living experience...." (As Bill Sees It. pg.319)
7. "I am the result of the way I _____ to what happened to me as a child." (AA BB pg.544)
9. "_____ is the most cunning, baffling, and powerful part of my disease..." (AA BB pp. 328)
12. "_____, all you really need is a truly open mind." (AA 12 & 12 pg.26)

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-Submitted by Melanie B