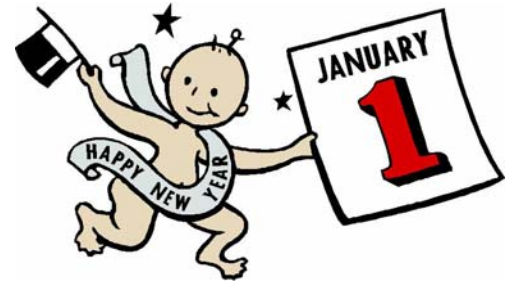


JANUARY

ACTIVITY OF THE MONTH **New Year = New Service!**

*Commit to service at a new level this year:
Take a position in your home group. Join
a committee for GPI. Write about your
experience in program for the GPI
quarterly newsletter, Voice of Recovery. ...*



Why not send your story or letter to Lifeline, too?

Step of the Month

1. We admitted we were powerless over food — that our lives had become unmanageable.

STEP ONE PRAYER

GOD, GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE, THE COURAGE TO CHANGE THE THINGS I CAN, AND THE WISDOM TO KNOW THE DIFFERENCE.

Can I step away from habitual behavior at my busiest or most challenging time of the day and take a moment to be with my Higher Power?

Tradition of the Month

1. Our common welfare should come first; personal recovery depends upon OA unity.

FEBRUARY

ACTIVITY OF THE MONTH **Spread the Word!**

Print a few "PI Posters" from the OA website, www.oa.org/docs.php—this one, for example. Add tear-offs with contacts for your home group meeting or, if group conscience prefers, the GPI website and contact info. Post flyers on bulletin boards in your community (library, churches, grocery stores) and look forward to seeing some new faces ☺

Many Symptoms, One Solution

In OA, you'll find members who are:

- Extremely overweight, even morbidly obese
- Moderately overweight
- Average weight
- Underweight

Symptoms are as varied as our membership:

- Obsession with body weight, size and shape
- Eating binges or grazing
- Inability to stop eating
- Preoccupation with diets
- Starving
- Excessive exercise
- Inducing vomiting after eating
- Excessive use of diuretics and laxatives
- Fantasies about food
- Constant preoccupation with food
- Using food as a reward or for comfort

The only requirement for OA membership is a desire to stop eating compulsively.

Step of the Month

2. Came to believe that a Power greater than ourselves could restore us to sanity.

STEP TWO PRAYER

GOD I AM STANDING AT THE TURNING POINT RIGHT NOW. GIVE ME YOUR PROTECTION AND CARE AS I ABANDON MYSELF TO YOU AND GIVE UP MY OLD WAYS AND MY OLD IDEAS JUST FOR TODAY.

How can I ask God to take care of me today?

Tradition of the Month

2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

MARCH

ACTIVITY OF THE MONTH **Plan of Action**

Reflect on your most difficult time of day or other situations that trigger an urge to eat—and have a plan to stay abstinent no matter what. “Action” can be an activity, like going outdoors or making a cup of tea, or a commitment to use another reliable tool, like calling your sponsor or texting a friend.



Step of the Month

3. Made a decision to turn our will and our lives over to the care of God *as we understood Him.*

THIRD STEP PRAYER

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 SO 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.

Can I pray to know God's will for me today, and can it include sharing my program with others?

Tradition of the Month

3. The only requirement for OA membership is a desire to stop eating compulsively.