



Be Good to Yourself

Looking back over my life in OA I am truly grateful for my three-fold recovery – physical, spiritual and emotional. At my first OA meeting I heard about compulsive overeating, and bingeing, and I recognized that I did both of those. I heard about abstinence and a food plan, and I grabbed onto both, the way a drowning man would grasp a life preserver. I'm so glad that many OA members welcomed and supported me then, and still do. I used the tools of meetings, telephone, food plan, service, and literature a lot – and still do. I also got a sponsor for my food plan and a sponsor for my step work.

I feel very thankful that my current sponsor listens carefully and consistently, day after day to my life's drama, hopes and fears. What a tremendous gift to have such a kind and supportive sponsor. My sponsor and I talk about a lot of non-OA things, too, and that enriches our relationship.

Thanks to all of you, I am still coming back, and my hope for you is Recovery: Keep coming back! Meeting makers make it. And, as a good old friend of my likes to remind me: "Be good to yourself."

--Anonymous

December GPI Highlights

- ◆ Let us know about any holiday schedule changes; please contact webmaster@gpioa.org.
- ◆ Celebrate 12th Step Within with these wonderful activities: <https://www.gpioa.org/docs/events/23-1212Day.pdf>
- ◆ If you have multiple email addresses with GPI, email webmaster@gpioa.org with your preferred address.
- ◆ If you have an agenda item for the January 7 GPI meeting, email chair@gpioa.org by December 17.
- ◆ The GPI Outreach, VOR Editor and Special Events Chair positions are open for those who have attended GPI meetings and meet the requirements.
- ◆ For a lovely Candlelight Promises event on December 16: <https://oabaltimore.org/candlelight-promises-meetingdecember-16-2023/>
- ◆ Join the face-to-face Saturday 10:30a Cranberry meeting on December 23 for a special relapse recovery workshop.

Come to Intergroup

January 7, 2024

2-3:30 PM

Zoom ID: 913 2714 4793

Passcode 145276

Look for the emailed agenda by 1/5.

Holiday Schedule

The Saturday 10 am Monroeville face-to-face meeting **will not meet** on December 23.

Aspinwall's 10 am holiday Zoom meetings **will meet** on December 25 & January 1.

The Monday 7 pm Sewickley (Zoom) meeting and the Monday 7:30 pm Lower Burrell (Zoom) meeting **will not meet** on December 25 but **will meet** on January 1.