



## Come to Intergroup

Sunday, February 4

2-3:30 PM

Zoom ID: 913 2714 4793 Passcode:  
145276

Look for the emailed agenda by 2/2.

## My Heart Broke Open

When I was young, I loved growing up in our church and playing with my little church friends. I sang in the choir, taught Sunday school, all of it. However, I ended up having a bad experience in my late teens and left, never looking back. What evolved was a proud atheist point of view, I was so angry and hated God. At 55 years old, I came into OA. I wanted nothing to do with the God stuff, and I was very vocal about it. Someone gave me a little daily bible-based devotion book, and I didn't even re-gift it... I threw it away in defiance. However, something happened. Nobody said I was wrong. Nobody said I was not allowed to come back. People welcomed and encouraged me to KEEP coming back. People hugged me and reached out their hands at the end of the meeting and said, "Together we can do what we could never do alone." I did not know what to do with this kindness. I realized that I was so angry at something I did not believe in. There was no ah-ha moment. No lightning bolt. A very soft comfort started to surround me, like a delicate wisp of anticipation. I wanted to keep coming back and see these people and hear what they had to say. They were and still are, these same people, teaching me how to grow and live. I got a sponsor, started working the Steps, reading the Big Book. Something was happening and I did come to believe that there truly is something, some power greater than me directing my entire life. My heart broke wide open and "the sunlight of the Spirit" entered. Today I still do not practice any religion, yet I can stand at the turning point at any given time and ask His protection and care with complete abandon...and follow the Twelve Steps of recovery and live abstinently. Happy, joyous and free! -- Jeanne H.

## January GPI Highlights

- Celebrate the Thursday 5:30 PM Bellevue meeting's 1<sup>st</sup> Anniversary, <https://gpiqa.org/docs/events/ThuBellevue1st.pdf>
- Celebrate OA's birthday, January 20, from 9 AM - 11:30 AM (registration starts at 8:30 AM) hosted by the the Saturday 10 AM Monroeville meeting, <https://gpiqa.org/docs/events/24bday.pdf>
- Help us to attract new members by display OA posters at areas colleges. Pick the school and we'll send you a poster: <https://gpiqa.org/docs/gpimtgs/LocalColleges.pdf>
- Need literature for your in-person meeting? Online meetings Monday 7 PM Sewickley, Monday 7:30 PM Brentwood, Thursday 10 AM Aspinwall, Thursday 7 PM Pittsburgh-Oakland and Saturday 9 AM Pittsburgh-Shadyside all have literature to share. Meeting contacts are listed at <https://gpiqa.org/docs/24q1GPImtgs.pdf>
- Online meetings, take a look at these online best practices assembled from discussions with many of you: <https://gpiqa.org/docs/gpimtgs/GPIOnlineBestPractices.pdf>
- Consider starting a face-to-face in:
  - The City of Pittsburgh
  - Route 8 North corridor/Allegheny County
  - Route 28 North/Armstrong County
  - Route 30 East/Westmoreland County
  - I376 West corridor/Allegheny County
  - Rt19-I79 corridor/Washington County

For tips to successfully launch a new meeting: <https://gpiqa.org/mtgs.htm#start>