



May 2022

Lead Article

Life in OA

Overeaters Anonymous has saved my life from the very beginning. Thirty-five years ago it gave me life and fellowship, I am not alone nor powerless over food. I can be human and make mistakes and make amends when necessary.

Now I need to turn my will and life over to God more than ever. To have hope. To have peace one day at a time.

Laura (Monday 10:00am)

Big Book Reading List

MAY	10. 208	22. 553
	11. Gratitude List	23. 232-239
	12. 171	24. 239-245
1. 72-80	13. 407	25. XI-XXIV
2. 80-88	14. 328	26. 512
3. 246	15. 122-129	27. 382
4. 193	16. 129-136	28. 458
5. 301	17. 289	29. 398
6. 535	18. 437	30. 531
7. 359-364	19. 219	31. 338
8. 364-368	20. 476	
9. 544	21. 246	

Anna Nimity

Dear Anna,

Why do I need a sponsor? I think I can work the program on my own, and besides, I really don't want to bother anyone.

Independent

Dear Independent,

One of the great benefits of the OA program is the fellowship, and that includes having a sponsor. Often compulsive overeaters have a past that they are reluctant to share with anyone, but clearing up the “wreckage of the past” is a part of recovery which is best handled with the help of a sponsor. A sponsor has “been there, done that” and is happy to pass on the gifts of the program.

It may be difficult to ask for help, but a sponsor is glad to share the recovery he or she has experienced. It is simply much easier to work the program with the help of someone who is already walking the road of recovery.

Yours in humble service,

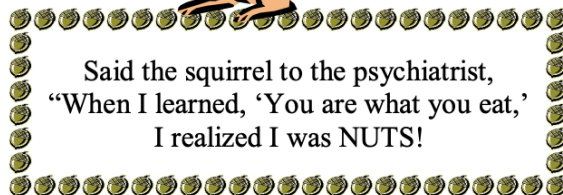
Anna

**** Shout out to Greg: **GO BIG**



Upcoming Events

Announcements



Click on the “Upcoming Events” or “Announcements” to go directly to the OAWichita.org to get this information. They are updated throughout the month.