

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.