

OVEREATERS ANONYMOUS – Cleveland Central Intergroup

Unity Day 2024

GOOD HIKING ETIQUETTE – ALONG THE OA JOURNEY

National Park Service and American Hiking Society say:	Overeaters Anonymous and the AA Big Book say:
Know your right of way. Check signage for the trail you are hiking, and follow the correct right-of-way yields.	Follow directions. Work the 12 Steps and use the Tools. Take the suggestions & wisdom of those who've walked your path already.
Stay on the trail. Don't step off trail unless you absolutely must when yielding. Walk through the mud or puddle and not around it, unless you can do so without going off the trail.	Feel your feelings. Now that we don't stuff our feelings with food, we must stay on the trail, feel them, and use the Steps & Tools of the program to deal with them.
Take time to listen. When hiking in the great outdoors, let nature do all the talking.	Pray and meditate. Build conscious contact with the Higher Power of your understanding.
Don't toss your trash. Don't even toss on the ground biodegradable items such as banana peels. It is not good for animals to eat non-native foods (and who wants to look at your old banana peel while it ever-so-slowly decomposes)? Pack it in, pack it out.	Share positively in meetings. Focus on hope in addition to your experience and strength. Do talk about abstinence-threatening issues, but also talk about the solutions OA is offering you for them. As they jokingly say "Take the mess to your sponsor & the message to the meeting".
Leave what you find. The only souvenirs a hiker should come home with are photographs and happy memories.	Give back what you've been given. Recovery is a blessing full of beautiful memories & friends, but we cannot keep it unless we give it away.
Know your bear country. Watch out for good bear habitat. Be mindful of features that can easily hide a bear, like tall bushes, gulleys, and boulder fields. Be aware of places you might encounter a feeding or sleeping bear.	Learn your relapse warning signs. Actively monitor these with your sponsor on a regular basis. Be rigorously honest. Remember that often the food is the last to go, so understand what emotional & spiritual relapse look like, too.
Make noise while hiking. Making noise on the trail can alert a bear to your presence before you have the chance to surprise it. Talk to your partners and occasionally sing loudly, yell "hello" or "whoop! whoop!" and clap your hands loudly to let any bears know you're coming.	Claim your seat. Participate in meetings. Give out your phone number & make phone calls to others. Give service in big and small ways. Ask for help when you need it. Talk about your emotions. Especially in times of struggle and cravings, speak up! Tell on yourself!
Avoid hiking at dawn, dusk, and at night. These are the time periods when bears are most active. They're often foraging or hunting during these times.	Beware of H.A.L.T. Don't get too Hungry, Angry, Lonely, or Tired – these all increase the risk of relapse. If you were a night binger, avoid triggers by logging on meetings at night.
Hike in a group while in bear country. Hiking in a group will decrease your chances of surprising a bear, and it decreases your chances of a bear attack. A group of three or more hikers is more likely to deter an encounter.	This is a "WE" program! Work with a sponsor. Build a support system beyond your sponsor. Reach out to newcomers, struggling members, those in relapse, & long-timers for the wisdom they have. Unity is the basis of Tradition 1.