



READY REFERENCE FOR CHANGE handout compiled by Kelly W.
"We are not a glum lot as we navigate our seasons of change."

Did You Know?

- The word *Change* appears in the Big Book 23 times. It is most often mentioned in the Big Book's Appendix II, *SPIRITUAL EXPERIENCE*
- The *oldest* OA literature is *For Today*. It was published in *1982*. There's also a *For Today Workbook*!
- Your tech can support your OA journey:
 - ✓ A smartphone app can keep the Big Book and OA prayers handy on the go!
 - ✓ Follow OA on social media   
 - ✓ Bookstore.oa.org has:
 - 12th Step outreach resources: wallet cards, sticky notes, and a newcomer's audiobook
 - Digital downloads, e-workbooks, and audio recordings
 - Back issues of *Lifeline* magazine
 - OA books and pamphlets
 - Coins, e.g., anniversary medallions, newcomer welcome, and the Serenity Prayer

History of Olmsted Falls Saturday Morning Big Book Study

The Saturday Morning Big Book Study meeting started on Saturday, December 1, 1983, at 10 a.m. in an old school in Middleburgh Heights that had been taken over as a civic center. Our meeting was 1½ hours long with a coffee break in the middle. The Big Book study meeting continued there until the city informed us, they were tearing down the building, and we were asked to leave.

(Over)



FALL INTO FELLOWSHIP AND KEEP COMING BACK!



Our new meeting place, St. Andrews Presbyterian Church, which later was named Christ United Church, on West Road in Olmsted Falls began in 1998 or 1999. We had our meeting in a small room, which we outgrew a few years later and moved to a larger room. Our meeting continued there until the beginning of the Covid 19 pandemic. Our last meeting at the church was on March 7, 2020.

We transitioned to virtual meetings on Zoom the following week and have been virtual since that time. This has allowed our fellowship to welcome members from all over the U.S.

History of Saturday Morning OA Big Book Study compiled by Judy M.

Helpful Hyperlinks

[A Tribute to OA's Founder Rozanne](#)

[OA Podcasts and Founder Recordings](#)

[OA Trivia](#)

[Origin of the Serenity Prayer](#)

[From the OA Bookstore - For Today, the oldest OA publication](#)

[Digital Downloads & Audio Recordings](#)

[Find a meeting!](#)

[OA FAQs](#)

[Find events](#)

[Sign up for CCI's newsletter and stay connected with all the changes](#)

[Sign up for OA World Service's email newsletter and stay abreast news and announcements](#)

OA social media channels:

- [Overeaters Anonymous on Facebook](#)
- [Overeaters Anonymous on Instagram](#)
- [Overeaters Anonymous on YouTube](#)
- [Overeaters Anonymous on Vimeo](#)

Look on Google Play (Android) or Apple.com for Big Book and 12 & 12 apps and recordings.



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