

The 12 Steps of OA are the guidelines for each day. I start my day reflecting on pages 85 to 88 of the *AA Big Book*, make a food plan, and read the *OA For Today* daily reader. My meditation is usually on a prayer such as the *Prayer of St. Francis* or the *Lord's Prayer*. I then go to a morning Zoom meeting. I send my sponsor a 10th Step whenever RESENTMENTS pop up as they surely do.

Most of all, I strive to practice these principles in my home, family, and community.

This manner of living results in my being happy, joyful, and free.

In Gratitude.

Christine G.