

WE WANT YOUR ESH FOR THE

The 5th Tradition

For each issue, we'll ask questions revolving around a topic of choice and want *your* Experience, Strength and Hope to share with our fellows! Selected submissions will be featured in the 5th Tradition's *Recovery Corner* and all entries will be posted on the SFVI website. Submissions should be 100 words or less.

The topic for the next issue (April/May 2017 to be published in March) is **Recovery from Relapse**

Questions to answer:

- What triggered your relapse? And what brought you back to OA?
- What helped you in the early days of coming back from relapse? What was challenging?
- What do you do today to prevent a relapse?

Send submissions to editor@oasfvalley.org

SUBMISSION DEADLINE: Monday, March 6, 2017

We welcome submissions from ALL members!

Your submission could be just the key to help another compulsive overeater!