

The Twelve Steps of Recovery as adapted for Overeaters Anonymous:

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.



We are in a 10-15 minute silent meditation.
We are writing on today's reading in

Voices of Recovery

STAY TUNED...

The Promises of the Program

- If we are painstaking about this phase of our development, we will be amazed before we are half way through.
- We are going to know a new freedom and a new happiness.
- We will not regret the past nor wish to shut the door on it.
- We will comprehend the word serenity and we will know peace.
- No matter how far down the scale we have gone, we will see how our experience can benefit others.
- That feeling of uselessness and self-pity will disappear.
- We will lose interest in selfish things and gain interest in our fellows.
- Self-seeking will slip away.
- Our whole attitude and outlook upon life will change.
- Fear of people and of economic insecurity will leave us.
- We will intuitively know how to handle situations which used to baffle us.
- We will suddenly realize that God is doing for us what we could not do for ourselves.

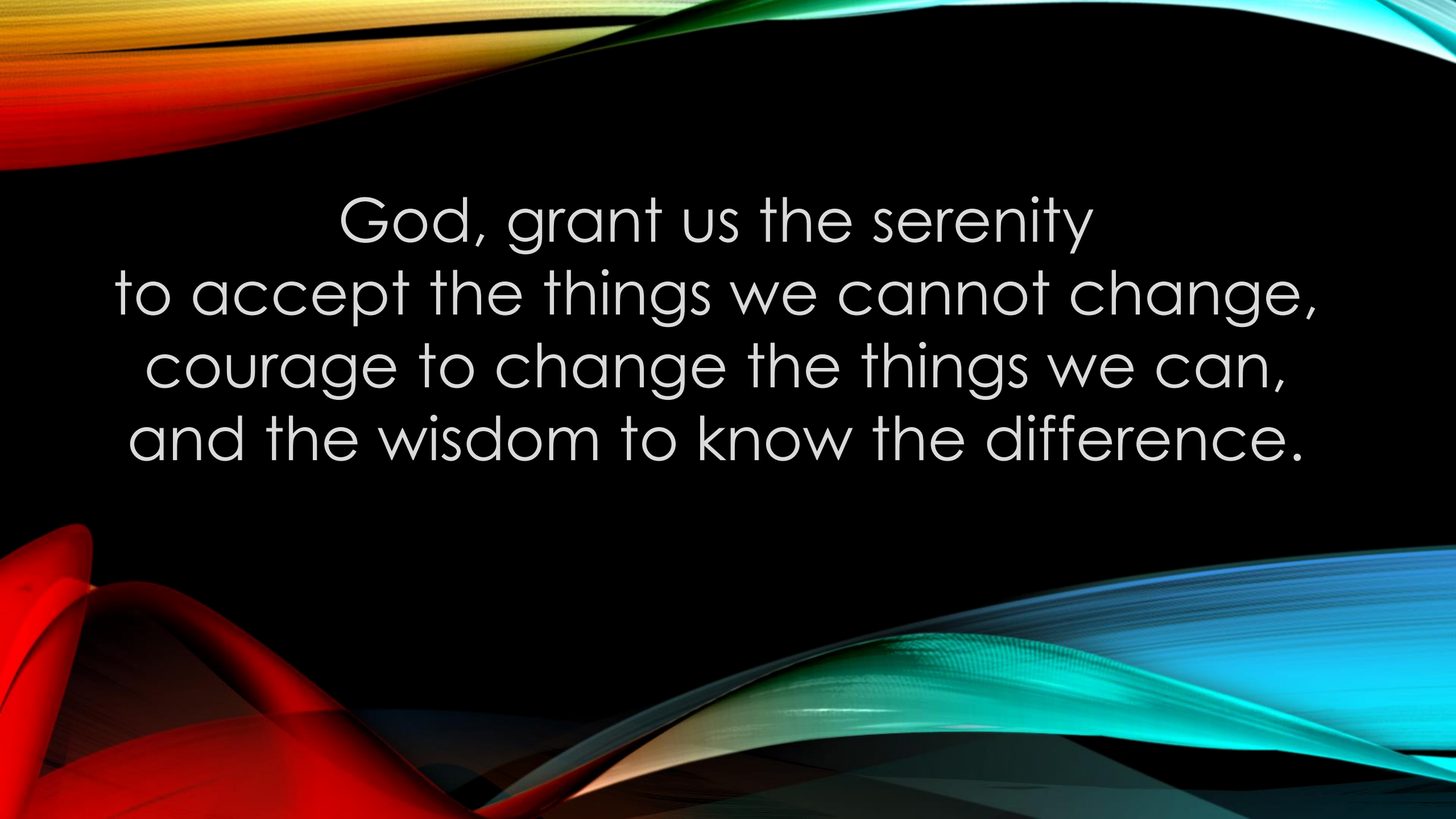
Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Big Book of Alcoholics Anonymous p83-84



OA Responsibility Pledge

Always to extend the hand and heart of OA,
to all who share my compulsion,
for this I am responsible.



God, grant us the serenity
to accept the things we cannot change,
courage to change the things we can,
and the wisdom to know the difference.



Twelve Traditions of Overeaters Anonymous

January

1. Our common welfare should come first;
personal recovery depends upon OA unity.



Twelve Traditions of Overeaters Anonymous

February

2. For our group purpose there is but one ultimate authority —
a loving God as He may express Himself in our group conscience.
Our leaders are but trusted servants; they do not govern.

Twelve Traditions of Overeaters Anonymous

March

3. The only requirement for OA membership is a desire to stop eating compulsively.



Twelve Traditions of Overeaters Anonymous

April

4. Each group should be autonomous except in matters affecting other groups or OA as a whole.



Twelve Traditions of Overeaters Anonymous

May

5. Each group has but one primary purpose —
to carry its message to the compulsive
overeater who still suffers.



Twelve Traditions of Overeaters Anonymous

June

6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.



Twelve Traditions of Overeaters Anonymous

July

7. Every OA group ought to be fully self-supporting,
declining outside contributions.



Twelve Traditions of Overeaters Anonymous

August

8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.



Twelve Traditions of Overeaters Anonymous

September

9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.



Twelve Traditions of Overeaters Anonymous

October

10. Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.

Twelve Traditions of Overeaters Anonymous

November

11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.



Twelve Traditions of Overeaters Anonymous

December

12. Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.