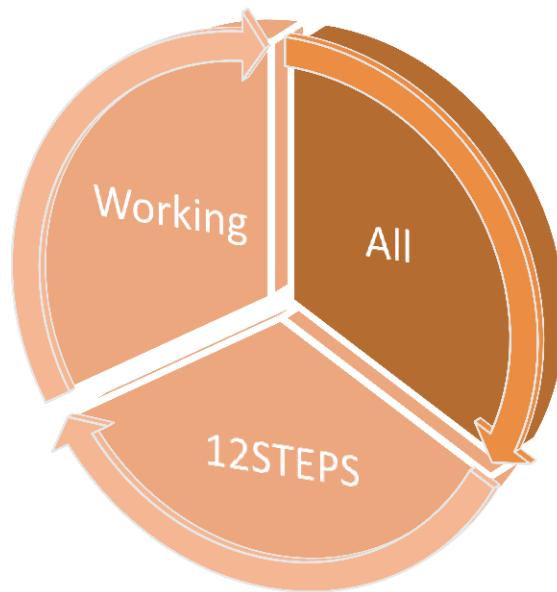




Region 9



***Susan, Region 9 chair***

**Working All Twelve Steps**

When I came into the OA program, I was lucky enough to have an abstinent sponsor who guided me not only in the food, but also the steps. I began to understand the importance of each step, the importance of working the steps in the order in which they are written, and not taking any short cuts. From Step 1 through to Step 12. Almost 12 years later, I am still learning from the steps, working and living them – all of them. Each step is valuable. Each way that I have been shown how to work them is unique. And each sponsor who has led me on this journey has given me so much.

As an example – the way that I deal with anger and resentment today is no comparison to how I dealt with it 12 years ago. I was a baby in the program then. I learned and did what I could do then. Today, I can dive much deeper into the reasons for my anger, my part in it, and what I can do today to clean my side of the street. That's progress, and only by continuing to work all 12 steps, can I keep reaching to higher levels.

I am so grateful for OA – for the Twelve Steps. I don't know where or who I would be without them!

Susan

R9 Chair

***Esti, Region 9 Trustee***

**From our Trustee's desk**

When I came to OA, 19 years ago, I was fortunate to be introduced to the HOW concept of the program. This is a structured way of working the program and I was taught to work the Steps and use the tools of recovery on a daily basis.

So I found a sponsor who helped me with my food plan and taught me about the Steps and the tools. She gave me every day a question referring to Steps 1-2-3. I had to read from our literature, to answer the questions and to give her my answer. After 30 days of abstinence and working the three Steps I finished Steps 1-2-3 and could move forward to Step 4, be a sponsor to newcomers, help them with the first 3 Steps and teach them what I have learned from my sponsor.

For Step 4 I was given 170 questions and when I have finished answering them I found a friend to whom I could read my answers. ( Step 5 ).

Steps 6-12 were not as easy for me as Steps 1-5. I felt I have to be perfect and didn't know how to answer the questions so it took me quite a long time to finish the first round of the 12 Steps.

Since then, I have worked the Steps in different ways and I still do it. I learned that the 12 Steps are like a clock when it comes to 12 AM or 12 PM it continues, it doesn't stop working, it goes again to 1-2-3 etc..

As my disease is a chronic disease I use Step 1 every day and sometimes many times a day. I have to remember that I am powerless over food, over feelings and over other situations in my life, to be aware of it and to admit it.

I have a very good relationship with the God of my understanding. I turn over to him every difficulty I have. I never feel alone as my HP is always next to me and I feel blessed and grateful for it (step 2).

I am working on a daily basis to deal with my character defects and try to let go of them (steps 6-7).

I am praying and meditating every morning and several times during the day (step 11).

I am checking my actions during the day to see what I could have done better and how to improve the next day (step 10).

I ask for forgiveness and make amends if I was wrong or hurt someone and try not to do it next time (steps 8-9).

And last but not least I do a lot of service in order to spread the message of OA to those who still suffer (step 12). I am a sponsor, I encourage my sponsees to do service and to spread the message, I go to meetings for myself and as service for others.

I am so grateful for my abstinence and for the spirituality that this program gave me. This program is part of my life and the 12 Steps are the essence of it.

Love in service,

Esti

*Mette, Region 9 Secretary*

### **Working All the Twelve Steps**

This Saturday we had our annual National Assembly in Denmark, and I think it went very well. I felt that I could use what the program has told me, and implement all I know about the Steps, Traditions and Concepts of Service in the discussions we had. It was very powerful to bring- and be, the message of recovery and my own knowledge to those of the attendees who were new to the business part of OA Denmark, and new to the program.

The 3<sup>rd</sup> Step gives me a lot of trust in my Higher Power. I knew I had to act appropriately and listen to what people had to say, I know HP talked through them. In fact all of the Steps was there with me during the whole Assembly and after wards when we had a social gathering.

In my daily life, OA's program of recovery is so important to me, I do some kind of service every day. Some days ago, a person called me for help. I turned down the sound of my television, and in the end of our conversation my eyes looked at the subtitles which said: "Time to listen and share"!!

That is what it's all about! That is what Step 12 is to me, I can help another person, and that person can help me; we can be in recovery together and we can be a contribution to each other and to our self.

It is also very very important that I'm a sponsor and have a sponsor. I want to use the Steps in all my affairs, at any level, and in any kind of situation in my life. And here I am with Step 1 in mind, I am powerless over food, other people and things, but now I can now act differently than I used to because I'm living the solution and the program, and I don't need to patronize myself, or anyone else any more. And when it occur to me that I have acted in a way that wasn't good to someone I know, or me, I have my 10<sup>th</sup> Step I can use when I need to make living amends. I'm only human, not perfect, and the big gift I got now, is that I can acknowledge my own faults and still like myself. I'm also capable of still loving another person despite my temporary anger towards them if that is the case.

Every day I make a decision to turn my life and my will to my God. I'm grateful that I was lucky to find a never ending love of a Power greater than me when I had abused myself all my life. I want to stay here and I want to keep on going to meetings. No where else have I seen, and been shown so much love. You all saved my life.

Love in Service

Mette

Region 9 Secretary

### **Isabella, Region 9 Treasurer**

#### **"working all 12 steps"**

I found OA in December 2000 and, like so many of us, I was rather awestruck and fascinated. I understood that this program could truly provide the tools for a new life. Pretty soon, I learned that working the 12 steps would be the basis of my recovery. Back then, working the 12 steps was considered something huge, something that might take years, in fact, many of my OA fellows thought this process ought to take years. We had the workbook and a binder and were writing, writing, writing....

However, after a couple of years, a new method was introduced. There was an interesting change of attitude; now, working through the steps was not an insurmountable endeavor anymore but rather something that should be done quickly (but still thoroughly) and more often. It felt that we all were embracing a new era; as if we were to take a collective step towards a new view on recovery. This has been very important for me - it was not merely a question of working the steps anymore but rather "living" the steps. I realized that I had to let go of my "longing for a difficult life", a longing that has been one of the corner stones of my disease; life is not an endless chain of difficult tasks but rather a matter of consistency, of doing things on a regular basis one day at the time.

Love in Fellowship

Isabella V

*'The will of God will never take me where the grace of God cannot protect me.'* Recently, I heard these words read at a meeting. The will of my Higher Power has taken me far from home this time. My gratitude to OA runs deep. I know that no matter where I am on earth, as I turn away from excess food and toward my Higher Power, I will make it through whatever challenges and adventures are in my path.

*My life has changed and continues on a changed trajectory from where it would have ended without OA. Every time I have feared letting go of something that does not suit me, I've been rewarded with serenity and growth on the other side. In the process of surrendering, I end up reclaiming the spirit I see when I look at those childhood pictures of myself* **Reprinted from Lifeline Magazine**  
(<http://www.oa.org/membersgroups/program-inspiration/recovery-story/>)

## STEPS/TRADITIONS/CONCEPTS/GOODTOKNOW

### Steps

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*.

### Traditions

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

### Concepts

#### **Concept Two**

The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

#### **Concept Three**

The right of decision, based on trust, makes effective leadership possible.

### TIPS \* TIPS \* TIPS \* TIPS \* TIPS \* TIPS \* TIPS \* TIPS \* TIPS \* TIPS \* TIPS \* TIPS

1. Send in your Delegate Registration Form for WSBC 2014!
2. Have fundraisers to help send your Representative to R9 Assembly & Convention 2014
3. Reminder to all Intergroups about Diversity material available through WSO including revised meeting format
4. Increase focus on Abstinence, Working All 12 Steps, and Individual's Responsibilities to Carry the Message
5. The Abstinence PowerPoint created by the Region Chairs is now posted on these Web pages:

- <http://www.oa.org/category/whats-new/>
- <http://www.oa.org/membersgroups/group-support/>
- <http://www.oa.org/membersgroups/service-body-support/>

6. Smile☺ in your OA meetings!



### **THE NEW U2PDATE INFO**

- [Bacharach Germany English language retreat \(19-21 Sept. 2014\)](#)
  - [Region 9 Newsletter, Vol 4, issue 1 January 2014](#)
  - [Invitation Belgium convention 23 mars 2014 \(NL\)](#)
  - [Invitation Belgium convention mars 2014 \(FR\)](#)
  - [Region 9 2013 assembly minutes & appendices](#)
  - [Translation/Projects Fund Application Form](#)
  - [Translate OA PI Video To Your Own Language](#)
  - [Region 9 Policies & Procedures 2013](#)
  - [Region 9 Bylaws 2013](#)
- ➔ For more information visit the Region 9 Website <http://www.oaregion9.org/>

### **Dates to remember**

- **March 17, 2014 - Region 9 A&C 2014 information emailed and posted on R9 Website**
- **Hotel Registration form for R9 A&C 2014 in Greece – send by the end of April**

### **Twelfth-Step-Within UPDATE**

Dear OA Region 9 friends,

Our list of available sponsors is growing rapidly! To all of you who have joined the list, thank you for this tremendous service!

Besides English the languages represented on the OA R9 TSW Sponsors List now include Italian, Polish, Farsi, Dutch, Greek, French, Danish, Spanish, Hebrew, Yiddish, Hindi, Tamil, German, Russian and Afrikaans.

We would like to take this opportunity to ask all of you who are active sponsors at present to please encourage your sponsees to write to us and volunteer to give service by being a sponsor for an OA member within R9.

Information needed: first name, email address, &/or phone number(s), &/or Skype contact information and also in what language(s) are you interested in sponsoring.

Of course, anyone looking for a sponsor can email us with their request and the list of sponsors will be forwarded on to them.

Please write to us at: [tsw@oaregion9.org](mailto:tsw@oaregion9.org) .

**"I put my hand in your and together we can do what we could never do alone."**

In OA service,

Reva  
OA R9 TSW  
Virtual Sponsors Sub-committee

and

Catherine  
OA Region 9 Twelfth-Step-Within Committee Chair

**14<sup>th</sup> Reading on Sponsorship** (ANSWER TO WHICH PIECE OF LITERATURE THIS IS COMING FROM ON PAGE 15)

I spent almost 2 years working the Fellowship rather than working the Steps. Finally I found a sponsor, and all that changed. I feel blessed that my first sponsor's abstinence was the most important thing in his daily living. In our earliest phone conversations, out of habit I always said, "How are you doing?" His instant response was always, "I am abstinent." At first I thought he was just being cute. Today I realize that "Abstinence first, without exception" is the only way to live recovery in serenity. I also realize he had to be living abstinence in recovery if he was to have any hope of sharing it.

In those early days, I had no idea I shared the blame for my failed relationships. It had not occurred to me I needed, among other things, spirituality, daily practice of our tools and personal commitment to working the Twelve Steps. The thought that I needed to work on my resentments and character defects might have seemed important, if I thought I had any! But I thought all I needed was the right diet, and all I wanted to talk about in my early meeting with my sponsor was the food. I thank my HP that my sponsor had sufficient patience and understanding to keep saying, "For today, let's continue our work on the Steps. That's how I got abstinent, and it is the path I am suggesting for you."

My sponsor was abstinent and never wavered from the steps he had taken to get that way. I continued to whine as he guided me through the Steps, but work the Steps I did. Indeed, I was blessed with abstinence in the midst of that process.

Thank God for abstinent sponsors.



## ASKITBASKET

### THIRTEENTH STEPPERS

**Q.** I heard about step 13, but never faced the situation before. We have now a male-member, that return after 8 years, after leaving the groups because of several relationships with female sponsees / members within the groups.

Now he has a female sponsor, female sponsees and is starting a relationship with a female-newcomer. Is there any literature you can suggest us to read, could you give us some advice, how to handle this situation?

**A.** Sponsoring members for purposes other than carrying the message of recovery from compulsive overeating through the Twelve Steps of Overeaters Anonymous is ill-advised. It can jeopardize members abstinence, emotional stability, mental peace and spiritual balance. The problem is not confined to male members and female newcomers, nor to sponsors and sponsees-it can happen in a variety of ways. The pamphlet A Guide for Sponsors suggest: "We do not recommend a sponsor-sponsee relationship between people who are-or could be- sexually attracted to each other"(p. 10). The OA Handbook for Members, Groups and Intergroups: Recovery Opportunities addresses this issue: "You will not find the answers here. No one can set down the law for OA, but most groups have faced and solved problems like these by applying the Twelve Traditions through the group conscience"(p. 21). If necessary, the issue could be discussed at a group conscience meeting of the group, making sure not to single out a specific member.

What can an Intergroup do? Many issues can be resolved on a one to one basis. Perhaps a longtime member could take the time to explain to both members the difficulties that may arise for all those involved in such a situation. Many problems arise out of lack of understanding of the consequences, and a quiet word at the outset can often resolve an issue simply and effectively. If further action is needed, plan a sponsorship workshop that clearly addresses the issue of the thirteenth stepping. Such issues can be addressed if we do a searching and fearless inventory (Step Four). Are we aware that if we engage in relationships with newcomers, harm may be done to others (Step Eight and Nine)? Step Twelve carries the message of spiritual recovery. Are we giving away our recovery, or are we taking gratification from other? To minimize the possibility of it becoming an issue of personalities, the intergroup might consider asking the region trustee or a longtime member from outside the area to conduct the workshop.

Intergroups can recommend to groups having problems that they change their meeting formats to state that the groups do not recommend sponsor-sponsee relationships between people who could be sexually attracted to each other. Newcomers would then have information to guide them. The language should be general to cover alternative lifestyles as well. The Twelve Traditions and common sense are the guiding forces in these situations. Those members slow in getting the message should be approached in the spirit of OA: They are most welcome in OA, but thirteenth-step behaviour is not.

*(Questions come from OA region 9 members... answers come from OA world service Trustees. Q's & A's may have been shortened for our newsletter - anyone wishing the full question & response, please email to Region 9 Chair.)*



## **WORKING ALL TWELVE STEPS - ARTICLES FROM REGION 9 MEMBERS**

### **Camilla, Sweden**

#### **Working ALL the 12 steps!?**

ALL of them? , you must be joking,  
-I just want to stop overeating!

This is the voice of my ego. How I know that?

Well after 13 years in the rooms of OA my spirit has grown and I now can hear the difference between it's voice and the old immature voice of the ego. It is like the steps are deflating the power of the illness/ ego and then my connection with my higher power/ spirit grows stronger.

All aspects of my life is better now, compared to before I had my spiritual awakening. It took me over a year going through the steps before I had my first encounter with the stillness and peacefulness of floating in the presence of my higher power. There in that lovely loving atmosphere food has no meaning because the reason for wanting to escape has been removed. Still I don't go there everyday, I forget and fall back into old patterns. What I have learned today though is to not beat myself up about it, to be gentler with me and let go of the thought of eating perfectly .

BUT when it comes to our main focus here in OA: to stop overeating , I think the 3:rd step is the one I still have problem with.

Turn MY WILL OVER...

Oh my! that is a hard one. BUT I like the idea of it so I will continue my journey and try to wake up spiritually everyday, start over and grow up, step by step.

Love in fellowship, Camilla

### **Jenny, Ireland**

#### **Working the twelve Steps:-**

I was asked to write an article on working the twelve steps. Ok I said without thinking (Step 12 – Service but also fuelled by ego – I can't say no in front of other members, I'm flattered to be asked, I must be great etc. etc).

Then the panic kicks in – I can't do this. My recovery's not good enough and they'll see I'm a fraud. Anyway, I don't use the Steps each day. I know I'll write about a typical day.....I'll start tomorrow and from the minute I get up I'll remember that this is the day for the article and I'll do it perfectly. I'll make sure to work each step so I can write about it. But that would be dishonest and I just can't do that anymore, it doesn't sit well with me (Step 1 – honesty). I can no longer pretend to you to be something I'm not (Step 4 & 5 - courage and integrity).

So I'll write about my day today and see what happens. Maybe I'll surprise myself.....

The Principles behind the 12 Steps are:- honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness & service. So how did I do....

I was woken up by my young son “Mama, get up”. It was a reasonable hour of the morning but I’d been up with him for 3 hours during the night – so I was very tired. I connected with HP on the go. “Hi God, It’s me Jenny, I’m a compulsive overeater and I’m powerless over food.” I asked HP to protect my abstinence today, I offered my life to HP and asked to be shown the way and to be given the strength and the courage to carry that out (Steps 1,2,3 – honesty, hope, faith). I grabbed my OA journal and OA daily readers and off we went to the kitchen. I had my abstinent breakfast as committed to my HP the night before when I wrote my food plan in my journal. Busy hour getting my son ready for a birthday party – pack a bag (clothes/food), wrap the present, shower, get dressed etc. I felt under pressure and started to build a resentment against my husband as he wasn’t helping me and the resentment was growing bigger. I was enjoying it and it was providing me with energy. But then I got a spiritual nudge that this is one of my character defects. Stop there Jen. Step 4 – why is this bothering me? What’s my part in it? Did I ask for help? Am I enjoying playing the martyr and pretending I’m superwoman? Maybe my husband can’t read my mind.... Thank you HP – Resentment disappearing, sanity returning (courage (4), integrity (5), willingness (6) and humility (7).

Off they went - the above mentioned husband bringing our son to the party so I could attend my Sunday OA Skype meeting. I was hosting the call today (service (12) and while waiting for it to start I got to write a little in my journal and it reminded me that for today extra food was not an option.

I enjoyed the meeting and welcomed being reminded by the reading of how important it is to carry the message and to give service. I was very grateful for the willingness and the ability to do this. After the meeting I skyped with my sponsor. I told her how I had been feeling the last few days – fearful of losing my abstinence through tiredness and through feeling overwhelmed by work and life commitments – “I wasn’t doing this and that needed to be done etc” (honesty (1), courage (4), integrity (5)). She gently pointed out that I was looking at all the negatives and maybe I could focus on some positives; on what I was doing. Also she suggested that maybe I would take some time to connect with my HP. I took some time and read my OA daily readers (For Today and Voices of Recovery) and they were written for me reminding me I have a chronic incurable disease that requires daily application of this program and conscious surrender to God (Feb 9<sup>th</sup> VofR). I did a 10 minute meditation and again offered my day to HP. The relief and the feeling of a weight being lifted off my shoulders was immense (faith (3) and spiritual awareness (11)).

The day progressed nicely and along the way I did some work, texted with some sponsees, spoke on the phone to two others, spent time with my family and got ready for the week ahead all in the belief that I was being taken care of – that the to do list I had in my head didn’t matter, HP would direct me and I could go with the flow. If it doesn’t get done then HP didn’t need it done today.

When I felt myself starting a resentment (this happened once or twice, in large part due to the tiredness I was feeling) I tried to see my part in it and to find love and compassion for others. I asked HP to help me not to act out and to give me the willingness to do this. HP gives me everything I need once I’m willing to ask and to take action. By God’s grace, for today, I didn’t need to make any direct amends (self-discipline (8), love (9)).

This evening I wrote this article (service (12) but I also needed to use the principles of honesty (2), courage (4), integrity (5), willingness (6) and humility (7). Before bed I took out my journal and briefly reviewed my food plan for the day and my feelings, thoughts and actions throughout the day. I was too tired to be really thorough but I thanked HP for being there, for my abstinence (I can’t do this on my own) and for helping me to be the best I could be today. I had the willingness to make amends if I needed to and was trusting HP would show me. I wrote down my food plan for tomorrow and this

grateful OA member went to bed with a full heart and not an over full belly! (perseverance (10) spiritual awareness (11).

How do I work the Steps in my life today? Very imperfectly and to the best of my ability on any given day. But what surprised me is that the principles behind the steps are just becoming a part of me; of who I am and what I do today. They are such an integral part of me that until I was asked to write this I didn't even realise it. From reading OA literature and the AA Big Book, attending OA meetings, working with other members, listening to their experiences and having spiritual experiences of my own the principles are seeping into my being. Thank you OA for this miracle of being.

Jenny

### **Vassiliki, Greece**

#### **Working the 12 Steps Principles for Abstinence**

Before OA, I thought I was living according to "principles". I considered myself as an honest, optimistic and willing person (and so on) in many aspects of my life, even though I was overweight and unhappy.

I didn't realize that I forgot all principles when it came to my eating!

The OA program offered me a completely new lucidity: **Working the OA principles "in all my affairs", should begin with my eating.** Only this way I would not fail with yet another "diet" and I could also improve other situations in my life.

I needed to practice all the 12 steps principles for being abstinent:

#### **The Honesty of Step One**

- About accepting the history of my overeating.
- About the listing of my compulsive eating behavior and my trigger foods.
  
- About accepting my weight, its medical classification and its distance from a healthy one, by objective criteria other than those of my disease.
  
- About connecting it with my obsession, my behavior and not with outside circumstances or excuses (such as work, holidays, my metabolism , pregnancy, my mother's cooking, menopause and so on.)
  
- About the daily inventories of Step 10 (e.g., what I ate today, when did I want to eat without being hungry, situations and feelings) in order to evaluate how well my plan worked and what I needed to change.

#### **The Hope of Step Two**

That my compulsive eating behavior, my weight and my personal myths about them, are things I can change, as other members of OA have, with the help of the Higher Power, through a new balanced and enjoyable plan of eating and action.

#### **The Faith of Step Three**

-That I am worthy of eating better, living better, enjoying my food and carrying a healthy weight (belief in my new goals)

-That my beliefs and habits of years can change if I face them more creatively (released from obsessions, through surrender to my Higher Power.)

- That those who have changed, those who have a healthy weight without eating compulsively and who have more experience in recovery than I do know better (trusting others)

- That the Higher Power sends directions through these positive examples to imitate, through the advice of experts and through my own intuition (with no fear of new rules and faith in my Higher Power)

### **The Courage and Integrity of Steps Four and Five**

- To examine fearlessly and share what I have been hiding about my eating disorder and my obsessions.

- To compare the obvious with the hidden rules of my eating.

- To keep a fearless written inventory (i.e., everything I ate today, every day at first; and later during times of slips)

- To record when I want to eat without being hungry, and to associate the desire to eat with my feelings, turning my back on matters that are disturbing me.

-To break old patterns which lead me automatically to eat.

### **The Willingness of Step Six**

-To go into action immediately toward my goals of abstinence from compulsive eating behavior and a healthy weight.

- To forget my old habits – start tomorrow, start next Monday, start from the first of the month, start when I get over this stage...

- To focus on today.

- To pray for willingness when I have none.

### **The Humility of Step Seven**

- To accept that I do not know how to get free of compulsive eating, I don't know how to eat and I don't know how to act in order to live in balance and carry healthy weight.

- To seek help from more experienced members or specialists, living or from books.

- To accept that my old way of my eating has failed, and I must plan and try others.

- To discuss my eating plan with my sponsor.

### **The Self-discipline and Love of Steps Eight and Nine**

- To follow healthy rules and daily eating guidelines.
- Not to hurt myself anymore and those I love by my unhealthy compulsive behavior and my unhealthy weight.

### **The Perseverance of Step Ten**

- To continue to apply these principles every day, doing my part about my food, my weight and all the aspects of my life.
- And when my resolution weakens, to admit it immediately and return to my course of healthier behavior.

### **The Spiritual Awakening of Step Eleven**

- To have a new relationship with prayer and meditation and to perceive how they help everything, including freedom from my obsessions, leading to a balanced way of eating and healthy weight.
- To understand that I can't have spiritual growth if I don't change my behavior, dietary or other.
- To accept that a balanced food intake (no compulsive eating) and achieving and maintaining a healthy weight is my exercise toward emotional and spiritual growth.

### **The Service of Step Twelve**

- Supports my plan of eating with a plan of action to carry the message of recovery. These two plans pull me out from my old self-centeredness of diets and obsessions and allow me to live with much more balance and satisfaction.
- And it is not enough simply to carry the message, but "The message is me."

What message of recovery would I be without serenity, a balance in my food and in my behaviors, a healthy weight, and optimistic, creative responses to what life brings me?

Vassiliki

### **Catherine, Italy**

#### **Working all the Twelve Steps, with the Big Book, my sponsor and God**

I did my First Step coming to my first meeting. I was admitting I had a problem. Then I answered a lot of questions, started doing a list of compulsive food and send a daily food plan. This first step is going on and on every day from then, 3 years ago. For instance, I had to add other compulsive food on the NO list, I consulted a dietician to stop doing by myself with food. Doing a daily First Step means choosing good food for me (often bringing my lunch with me), choosing sane situation, choosing health and recovery instead of compulsion and death.

I shared about my feelings about Higher Power with my sponsor and she shared with me her own belief.

I came to believe that I had to surrender to God and with my sponsor I said the Third-Step Prayer.

Feeling the presence of God, I wrote my Fourth Step, my resentments, my fears and my relationships. I then shared my Fifth Step with my sponsor who listened respectfully. An heavy weight was then taken away from my heart.

I went away, lighter, and did my Sixth, Seventh and Eight Steps with God. I became aware that egoism, dishonesty, self-seeking and fearfulness were standing in the way of my usefulness to God and others and that I had to surrender those so I did, try to do it the best I could. Finally, I looked the persons I offended and made a list of amends I could do, sometimes offering my excuses, but most of the time the amends were about being more tactful, more present to people I love, being honest about my limits.

I shared with my sponsor the amends I was planning to do and then I made it, with God by myself.

Now, I am maintaining my recovery by doing my Tenth Step whenever something is bugging me, passing through Step Four to Nine. Every day, as Eleventh Step, I keep in shape spiritually by praying, meditating and feeling God's presence, remembering I ma no longer running the show. Going to meetings and sharing, sponsoring, doing service to the group or the Region, calling a OA friend, bringing OA principles in all of my affairs, I live the Twelfth Step.

Sometimes I would like to have a lighter life, I would like to do something else than recovery, I feel pitiful and envy "normal" people. Then I share with people outside OA and understand that everybody has difficulties, rough moments and the difference between me and them I that I have God, the fellowship and the Twelve-Step program to help me to live well. And then I feel how much I am blessed.

Faithfully and gratefully,

Catherine

Region 9 Twelfth-Step-Within Committee Chair

## **\*\* Twelve Steps \*\***

*'The Twelve Steps are the heart of the OA recovery program. They offer a new way of life that enables the compulsive eater to live without the need for excess food.'*

*The ideas expressed in the Twelve Steps, which originated in Alcoholics Anonymous, reflect practical experience and application of spiritual insights recorded by thinkers throughout the ages. Their greatest importance lies in the fact that they work! They enable compulsive eaters and millions of other Twelve-Steppers to lead happy, productive lives. They represent the foundation upon which OA is built'.*

- <http://www.oa.org/newcomers/twelve-steps/>



**ANSWER & IN SERVICE**

**\*\*Answer to 14th Reading on Sponsorship – "Lifeline" magazine, February 2013, page 17, Joe**

**Region 9 Board**

Trustee - Esti (Israel)

Chair - Susan (Israel)

Secretary - Mette (Denmark)

Treasurer - Isabella (Sweden)

**Committee Chairs**

Literature and Translations -

Irenne (Denmark)

Twelfth Step Within -

Catherine (Italy)

Public Information -

Debora (Belgium)

Bylaws –

Siobhan (Ireland)

Electronic Communications -

Webmaster

Finance -

Isabella (Sweden)

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Banker - Stella (UK)

Newsletter coordinator –

Meike (The Netherlands)

Region 9 Website