

WORK ALL TWELVE STEPS READINGS REGION 9 ASSEMBLY 2014

All Twelve Steps Reading # 1

Understanding how the steps work together in my recovery doesn't mean I pick and choose among them, substituting one I like for another that I don't like. Recognizing how they all work together helps me do what I need most for my recovery.

All Twelve Steps Reading # 2

This program promises real and amazing recovery. Hopeless bingeing is replaced by healthy eating. Excess weight disappears without diets, purging, or excessive exercise. We can live free of the obsession with food and eating, day after day, for years at a time. But none of this is automatic. We have to be willing to live the Twelve Steps daily, in order to keep our recovery. That's what we mean by "going to any length".

All Twelve Steps Reading # 3

I know that what relieves me of the compulsion to overeat can also relieve me of other defects. I need only to practice the steps – all of them – and turn my life over to my Higher Power on a daily basis. I don't need to be perfect at any of this; I just need to be myself.

All Twelve Steps Reading # 4

The Twelve Steps are the heart of our program. Without them Overeaters Anonymous would be just another diet club.

All Twelve Steps Reading # 5

My wish for every compulsive overeater who wants recovery is that you, too, find your way to this simple program. Put your total faith and trust in these steps. They show the way to "let go and let God", this is the way to contented abstinence and a peaceful, satisfying life.

Whether any of this is helpful to others I do not know. The only thing I feel certain of is that this program works if we let go all the embellishments so many of us try to bring into it.

Through honest, total abandonment of self in the process of working these twelve steps, we will begin to experience the freedom and contentment for which we yearn.

All Twelve Steps Reading # 6

We of Overeaters Anonymous have found in this Fellowship a way to recover from the disease of compulsive overeating. After years of guilt over repeated failures to control our eating and our weight, we now have a solution that works. Our solution is a program of recovery – a program of twelve simple steps. By following these steps, thousands of compulsive overeaters have stopped eating compulsively.

All Twelve Steps Reading # 7

The disease of compulsive overeating causes or contributes to illness on three levels – emotional, physical, and spiritual. To remedy this threefold illness we offer several suggestions, but the reader should keep in mind that the basis of the program is spiritual, as evidenced by the Twelve Steps.

All Twelve Steps Reading # 8

Everything goes better as I cooperate with how things really work, by employing the Twelve-Step principles: self-honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness, and service. When I started asking God to help me with His plans, instead of asking His help with my plans, I was on my way! Now I can welcome each new day because I am learning from my experiences.

All Twelve Steps Readings - Answers

1. Abstinence... It's All in the Steps... page 41 / 2nd Edition - page 40
2. Voices of Recovery... November 16... page 321
3. For Today... August 14 page 227
4. Sponsoring Through the Twelve Steps pamphlet... The twelve Steps of Overeaters Anonymous... page 2
5. Lifeline Sampler... I Believe... page 70
6. The Twelve Steps and Twelve Traditions of Overeaters Anonymous... Introduction to the Twelve Steps... page ix
7. Overeaters anonymous... Our Invitation to You... page 2
8. Voices of Recovery... April 8... page 99