

**"Working All 12 Steps" Reading #1**

A long-timer once asked me to listen carefully to people reading Step Twelve and see how many people read "as a result of these Steps" instead of "as the result of these Steps". Sure enough, I heard it a number of times. The person explained that the Steps were worded so specifically so that the meaning would be absolutely clear. After working through all Twelve Steps, my result would be to have a spiritual awakening. It would not be one of a number of results, it would be THE result. This clarifies what I am working toward when I go through the Steps to the best of my ability. I am trying to have a spiritual awakening which will allow me to stop eating compulsively, certainly the result I want from working the OA program. From that, everything I need in life will follow.

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**"Working All 12 Steps" Reading #2**

I never saw it, touched it, smelled it, swallowed it with water or had it injected into me with a hypodermic needle. But it brought about what no pill, no shot, not book, not lecture, no prayer had ever been able to do. It broke my compulsion.

"It," of course, is faith. From the moment I stepped in the door of my first meeting, OA gave me faith that this program would work for me. I believed, against all the odds, that it would work - and it did.

My faith in the power of the twelve step program is stronger than ever. It has never failed me, and it will not fail anyone who can put aside doubt.

Compulsive overeating is no match for the twelve steps. There are people who need to hear that, both in and out of OA.

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### "Working All 12 Steps" Reading #3

I have grown to understand that my commitment to OA recover is a commitment to travel a specific road, a commitment to take a journey. To start this journey I did not need to envision any end of the journey. I only needed to know that where I was had become intolerable. In fact the Steps have taken me to a place I could not have imagined before I started. Looking back, I am filled with gratitude. Looking forward, I see only mists and cannot make out where the road leads. This road leads to something beyond my understanding. Yet I am not afraid of what the mists hide. I have learned from experience that the most joyous thing in my life is my commitment to the OA journey of recovery.

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