

Camp Happy Destiny



**Overeaters Anonymous
2010 Oklahoma
State Convention**

July 16-17, 2010

Tulsa, OK

Welcome to Camp Happy Destiny!

For those of you who are first time campers, welcome! For those of you who are familiar with the ins and outs of camp – welcome back!

Camp Happy Destiny is named after the AA Big Book phrase: ...as we trudge the road of happy destiny...”

Trudge means: to walk with a purpose. Your camp goal is to get the tools you need to walk the OA road that leads to the principles & promises of the program and recovery.

This year at camp, you're going to learn about the tools of recovery, what the future holds in the promises of the program, and how the OA principles tie into each of the 12 Steps.

Your handbook will be a way for you to track your progress towards in four categories:

- Tenderfoot Badges – Steps 1, 2 & 3

- Action Badges – The Eight Tools of the Program

- Recovery Badges – The Promises

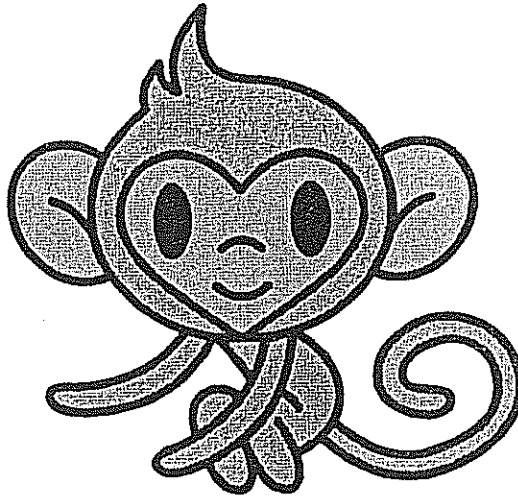
- Spiritual Badges – The 12 Spiritual Principles

Now – come meet our camp mascot and learn the camp pledge!

Camp Mascot

No camp would be complete without a mascot and ours is OA Oscar.

Oscar is an arboreal monkey. This means he uses all the tools at his disposal to hold onto branches. He uses his hands and feet to hold on, as well as his tail.



You'll have a chance throughout the day to have Oscar come and join you. Just buy an OA Oscar raffle ticket – sign your name and put it in the OA Oscar Jar. Each hour or so, we'll pull a ticket. If you win, Oscar is yours until the next winner is drawn.

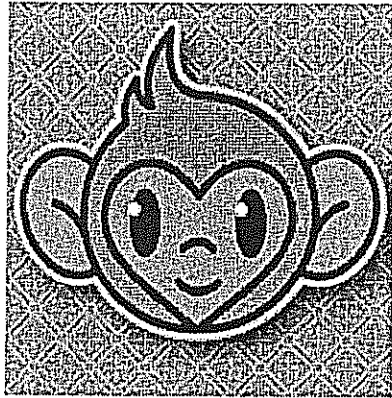
At the end of the day, all remaining Oscar tickets will be used in a drawing to see who gets to take Oscar home!

Camp Pledge

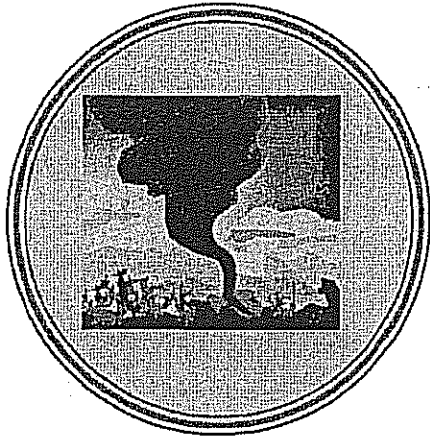
Our camp pledge is an excerpt taken from the OA Promise written by Rozanne, the co-founder of OA.

*I put my hand in
yours, and together
we can do what we
could never do alone!*

Camp Merit Badges



Tenderfoot Badges – A New Beginning



Badge 1

We admitted we were powerless over food – that our lives had become unmanageable.

Is your attendance at this camp your Step One? If you're here because you believe your life is unmanageable and you don't know how to fix it – you've taken Step One!

First Step Prayer

God, Creative Intelligence, Universal Mind, Spirit of Nature or Spirit of the Universe, my name is _____ and I'm a compulsive overeater and I need your help today.

(from the AA Big Book)

I took this step on _(date).



Badge 2

Came to believe that a Power
greater than ourselves could restore
us to sanity.

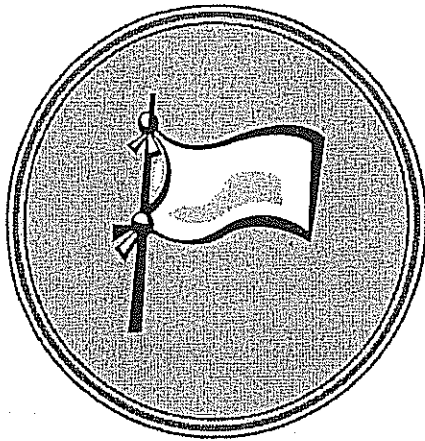
Second Step Prayer

God, I'm standing at the turning point right now. Give me your protection and care as I abandon myself to you and give up my old ways and my old ideas just for today. Amen.

(from the AA Big Book)

I took this step on _____ (date).

Badge 3



Made a decision to turn our will
and our lives over to the care of
God *as we understood Him.*

Third Step Prayer

“God, I offer myself to Thee – to build with me and to do with me as
Thou wilt. Relieve me of the bondage of self, that I may better do Thy
will. Take away my difficulties, that victory over them may bear
witness to those I would help of Thy Power, Thy Love, and Thy way of
life. May I do thy will always!”

(from the AA Big Book)

I took this step on _____(date).

Action Badges – The Eight Tools of the Program



Badge 4

Many find that we cannot abstain from compulsive eating unless we use some or all of OA's nine tools of recovery to help us practice the Twelve Steps and Twelve Traditions of the program.

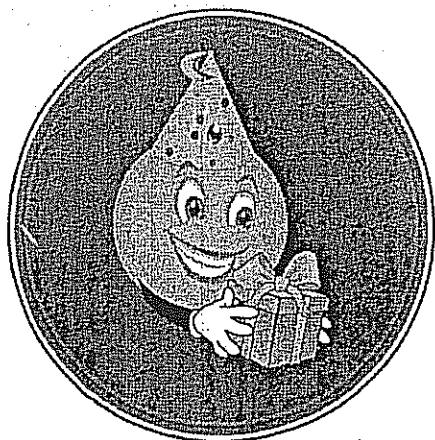
- **A Plan of Eating:** To be determined with the help of your Higher Power and your sponsor.
- **Sponsorship:** Do you have a sponsor or at least a temporary sponsor?
- **Writing:** Are you journaling daily to focus your thoughts and feelings?
- **Literature:** Can you commit to reading at least a paragraph or two from your favorite OA or AA literature?
- **Telephone:** Are you making calls to others in program?
- **Anonymity:** Are you placing principles before personalities? Are you keeping fellow member's anonymity by not gossiping about what you hear at meetings?
- **Service:** What service have you done this week?

Meetings: If you haven't been able to attend meetings this week, what's preventing you?

For more information on each of these tools, pick up a copy of OA pamphlets like:

- *The Tools of Recovery*
- *A Plan of Eating: A Tool for Living*
- *Anonymity*
- *A Guide for Sponsors*

Recovery Badges – The Promises of the Program



Badge 5

As we begin working on the 12 Steps, we will begin to see changes happening in our lives. These are the promises coming true for us. The Big Book tells us that after taking Step 8 we begin to experience these promises.

This Promise happened on:

_____ No matter how far down the scale we have gone, we will see how our experience can benefit others.

_____ We will lose interest in selfish things and gain interest in our fellows.

_____ Self-seeking will slip away.

_____ We will comprehend the word serenity and we will know peace.

_____ The feeling of uselessness and self-pity will disappear.

_____ Our whole attitude and outlook upon life will change.

_____ Fear of people and of economic insecurity will leave us.

_____ We will know a new freedom and a new happiness.

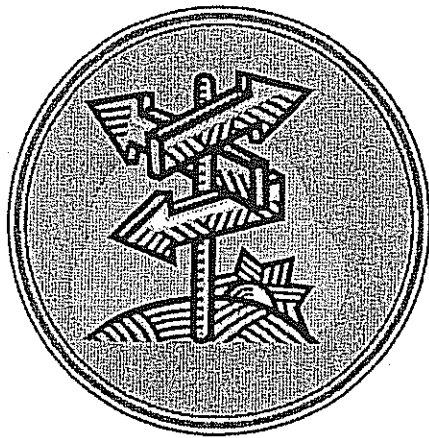
_____ We will not regret the past nor wish to shut the door on it.

_____ 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.

Spiritual Badges – The 12 Spiritual Principles

Badge 6



The principles of the steps are what guide us in the transition from meeting rooms into our every day lives. They are the tools that help us live with others in the world.

Over the next twelve weeks, try applying the principles of each step at least one time during the week with something or someone outside of OA.

I used this principle on:

- Step One: Honesty _____
- Step Two: Hope _____
- Step Three: Faith _____
- Step Four: Courage _____
- Step Five: Integrity _____
- Step Six: Willingness _____
- Step Seven: Humility _____
- Step Eight: Self-Discipline _____
- Step Nine: Love for others _____
- Step Ten: Perseverance _____
- Step Eleven: Spiritual Awareness _____
- Step Twelve: Service _____

Unity
Trust
Openmindedness

Helpful Information as you trudge
the
Road to happy destiny!

**Guides to Progress
From the Big Book
ALCOHOLICS
ANONYMOUS
(3rd Edition, 1976)**

Acceptance 295, 499-452
Agnostics 44-57, 408
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Self-knowledge 7, 39-40
Self-pity 8, 15, 61-62, 86, 88
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Serenity / peace ..14, 68, 84, 8, 63, 75, 84
Sex 68-70
Spiritual experiences 25, 128
Spiritual principles 39, 42, 47, 60
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Why alcoholics are angry 64-65
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Women 33, 222-229

Twelve Steps with their corresponding Promises

Step One: We admitted we were powerless over food – that our lives had become unmanageable.

Promise: We are going to know a new freedom and a new happiness.

Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

Promise: We are going to know a new freedom and a new happiness

Step Three: Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

Promise: We will comprehend the word serenity and we will know peace.

Step Four: Made a searching and fearless moral inventory of ourselves.

Promise: No matter how far down the scale we have gone, we will see how our experience can benefit others.

Step Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Promise: That feeling of uselessness and self-pity will disappear.

Step Six: Were entirely ready to have God remove all these defects of character.

Promise: We will lose interest in selfish things and gain interest in our fellows.

Step Seven: Humbly asked Him to remove our shortcomings.

Promise: Self-seeking will slip away.

Step Eight: Made a list of all persons we had harmed and became willing to make amends to them all.

Promise: Our whole attitude and outlook upon life will change.

Step Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Promise: Fear of people of economic insecurity will leave us.

Step Ten: Continued to take personal inventory and when we were wrong promptly admitted it.

Promise: We will intuitively know how to handle situations which use to baffle us.

Step Eleven: 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.

Promise: We will suddenly realize that God is doing for us what we could not do for ourselves.

Step Twelve: 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.

Promise: 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.

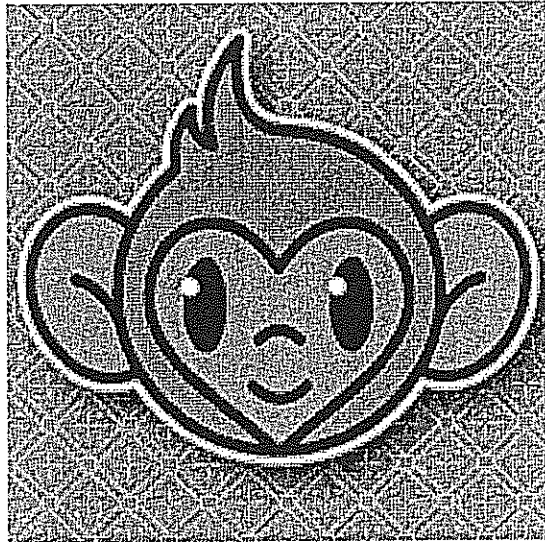
Feelings List

Once we get out of the food fog, we hear that we'll start "feeling" better. While that may refer to physical recovery, it also refers to our emotional recovery.

Many of us have had only two main emotions while in the disease – anger and hunger. Here are a few more to expand your vocabulary as you journal about your journey of recovery.

happy	left out	energetic
pleased	isolated	helpful
joyful	rejected	adequate
contented	ignored	exhausted
calm	abandoned	listless
cheerful	odd	apathetic
vivacious	discontented	humble
groovy	restless	contrite
delighted	uneasy	ashamed
beautiful	disturbed	remorse
blissful	unsettled	suffering
ecstatic	low	ashamed
joyous	melancholy	jealous
free	sad	loving
emphatic	pain	inspired
determined	bad	enchanted
tenacious	miserable	fascinated
vehement	terrible	outraged
sympathetic	horrible	violent
strange	empty	jumpy
pity	clever	infuriated
sexy	capable	anxious
talkative	clever	servile
solemn	settled	stupid
tentative	satisfied	contrite
tempted	challenged	glad
shy	brave	gratified
homesick	bold	
lonely	intimated	

**OA Oscar says, "See you next year!
Keep coming back- it works!"**



Promises for several of the Steps

As taken from the AA Big Book, First Edition

Each excerpt below contains a promise from the Twelve Steps - can you identify the promise in each one? Underline the ones you see now and then later you can go back as you work the program -- perhaps you'll recognize more in time. And as you work the Steps, wait and watch for each one to come true for you.

The promises associated with Step Two

- Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem.
- We found that as soon as we lay aside prejudice and expressed even a willingness to believe in a power greater than ourselves, we commenced to get results, even though it was impossible for any of us to fully define or comprehend that Power, which is God.
- Much to our relief, we discovered we did not need to consider another's conception of God. Our own conception, however inadequate, was sufficient to make the approach and to effect a contact with Him.
- As soon as we admitted the possible existence of a Creative Intelligence, a Spirit of the Universe underlying the totality of things, we began to be possessed of a new sense of power and direction, provided we took other simple steps.
- We found that God does not make too hard terms with those who seek Him.
- To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all men.
- Afterward, we found ourselves accepting many things which then seemed entirely out of reach.
- As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.
- Here are thousands of men and women, worldly indeed. They flatly declare that since they have come to believe in a Power greater than themselves, to take a certain attitude toward the Power, and to do certain simple things, there has been a revolutionary change in their way of living and thinking.
- In the face of collapse and despair, in the face of the total failure of their human resources, they found that a new power, peace, happiness, and sense of direction flowed into them.
- The outlines and the promise of the New Land had brought luster to tired eyes and fresh courage to flagging spirits.
- We finally saw that faith in some kind of God was a part of our make-up, just as much as the feeling we have for a friend. Sometimes we had to search fearlessly, but He was there. He was as much a fact as we were.
- We found the Great Reality deep down within us. In the last analysis it is only there that He may be found. It was so with us.

- We ask him to remove our fear and direct our attention to what he would have us be. At once, we commence to outgrow fear.
- In meditation, we ask God what we should do about each specific matter. The right answer will come, if we want it.
- If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson.
- We have begun to comprehend their futility and their fatality.
- We have commenced to see their terrible destructiveness.
- We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people.
- We hope you are convinced now that God can remove whatever self-will has blocked you off from Him.

The promises associated with Step Five

- Once we have taken this step, withholding nothing, we are delighted.
- We can look the world in the eye.
- We can be alone at perfect peace and ease.
- Our fears fall from us.
- We begin to feel the nearness of our Creator.
- We may have had certain spiritual beliefs, but now we begin to have a spiritual experience.
- The feeling that the drink problem has disappeared will often come strongly.
- We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.
- Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last.

The promise associated with Step Eight

- If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.

The promises associated with Step Nine

- If our manner is calm, frank, and open, we will be gratified with the result
- In nine cases out of ten the unexpected happens. Sometimes the man we are calling upon admits his own faults, so feuds of years' standing melt away in an hour.
- Rarely do we fail to make satisfactory progress.

The promises associated with Step Eleven

- Step Eleven suggests prayer and meditation.It works, if we have the proper attitude and work at it.
- Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use.
- Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.
- In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while.
- What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind.
- Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.
- We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions.
- We become much more efficient.
- We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.
- It works—it really does.

The promises associated with Step Twelve

- PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail.
- Life will take on new meaning.
- To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends — this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.
- Both you and the new man must walk day by day in the path of spiritual progress. If you persist, remarkable things will happen.
- When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned.
- Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!
- Assuming we are spiritually fit, we can do all sorts of things alcoholics are not supposed to do.
- Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful. You should not hesitate

THE SPIRITUAL PRINCIPLES OF THE OA PROGRAM

The Overeaters Anonymous Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service have principles related to them. They are listed here:

The Principles in the Twelve Steps (as listed in Step Twelve of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*)

Step One:	Honesty
Step Two:	Hope
Step Three:	Faith
Step Four:	Courage
Step Five:	Integrity
Step Six:	Willingness
Step Seven:	Humility
Step Eight:	Self-discipline
Step Nine:	Love for others
Step Ten:	Perseverance
Step Eleven:	Spiritual Awareness
Step Twelve:	Service

The Principles in the Twelve Traditions (as listed in the *Service, Traditions and Concepts Workshop Manual*)

Tradition One:	Unity
Tradition Two:	Trust
Tradition Three:	Identity
Tradition Four:	Autonomy
Tradition Five:	Purpose
Tradition Six:	Solidarity
Tradition Seven:	Responsibility
Tradition Eight:	Fellowship
Tradition Nine:	Structure
Tradition Ten:	Neutrality
Tradition Eleven:	Anonymity
Tradition Twelve:	Spirituality

The Principles in the Twelve Concepts of OA Service (as listed in *The Twelve Concepts of OA Service* pamphlet)

Concept One:	Unity
Concept Two:	Conscience
Concept Three:	Trust
Concept Four:	Equality
Concept Five:	Consideration

Concept Six: Responsibility
Concept Seven: Balance
Concept Eight: Delegation
Concept Nine: Ability
Concept Ten: Clarity
Concept Eleven: Humility
Concept Twelve: Guidelines
(a) Selflessness
(b) Realism
(c) Representation
(d) Dialogue
(e) Compassion
(f) Respect

The 12 Promises

1. *If we are painstaking about this phase of our development, we will be amazed before we are halfway thru.*
- 2. *We are going to know a new freedom and a new happiness.*
- 3. *We will not regret the past or wish to shut the door on it.*
4. *We will comprehend the word serenity and we will know peace.*
5. *No matter how far down the scale we have gone, we will see how our experience can benefit others.*
6. *That feeling of uselessness and self-pity will disappear.*
7. *We will lose interest in selfish things and gain interest in our fellows.*
8. *Self-seeking will slip away.*
9. *Our whole attitude and outlook upon life will change.*
- 10. *Fear of people and of economic insecurity will leave us.*
11. *We will intuitively know how to handle situations which used to baffle us.*
12. *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. Pages 83 & 84 AA Big Book

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- To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all men.
- Afterward, we found ourselves accepting many things which then seemed entirely out of reach.
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- We finally saw that faith in some kind of God was a part of our make-up, just as much as the feeling we have for a friend. Sometimes we had to search fearlessly, but He was there. He was as much a fact as we were.
- We found the Great Reality deep down within us. In the last analysis it is only there that He may be found. It was so with us.

- If our testimony helps sweep away prejudice, enables you to think honestly, encourages you to search diligently within yourself, then if you wish you can join us on the Broad Highway.
- With this attitude you cannot fail.
- The consciousness of your belief is sure to come to you.
- Even so has God restored us all to our right mind.
- But He has come to all who have honestly sought Him.
- When we drew near to Him He disclosed Himself to us!
- Rarely have we seen a person fail who has thoroughly followed our path.

The promises associated with Step Three

- That we were alcoholic and could not manage our own lives. b) That probably no human power could have relieved our alcoholism. c) That God could and would if he were sought.
- Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible.
- Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.
- When we sincerely took such a position, all sort of remarkable things followed.
- We had a new Employer.
- Being all powerful, He provided what we needed, if we kept close to Him and performed His work well.
- Established on such a footing we became less and less interested in ourselves, our little plans and designs.
- More and more we became interested in seeing what we could contribute to life.
- As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter.
- We were reborn.
- This was only the beginning, though if honestly and humbly made, an effect, sometimes a very great one, was felt at once.

The promises associated with Step Four

- When the spiritual malady is overcome, we start to straighten out mentally and physically.
- We cannot be helpful to all people but at least God will show us how to take a kindly and tolerant view of each and every one.
- Just to the extent that we do what we think He would have of us and humbly rely on Him, does He enable us to match calamity with serenity.

- We ask him to remove our fear and direct our attention to what he would have us be. At once, we commence to outgrow fear.
- In meditation, we ask God what we should do about each specific matter. The right answer will come, if we want it.
- If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson.
- We have begun to comprehend their futility and their fatality.
- We have commenced to see their terrible destructiveness.
- We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people.
- We hope you are convinced now that God can remove whatever self-will has blocked you off from Him.

The promises associated with Step Five

- Once we have taken this step, withholding nothing, we are delighted.
- We can look the world in the eye.
- We can be alone at perfect peace and ease.
- Our fears fall from us.
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- We may have had certain spiritual beliefs, but now we begin to have a spiritual experience.
- The feeling that the drink problem has disappeared will often come strongly.
- We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.
- Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last.

The promise associated with Step Eight

- If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.

The promises associated with Step Nine

- If our manner is calm, frank, and open, we will be gratified with the result
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- If we are painstaking about this phase of our development, we will be amazed before we are half way through.
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- 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.

The promises associated with Step Ten

- And we have ceased fighting anything or anyone—even alcohol.
- For by this time sanity will have returned.
- We will seldom be interested in liquor.
- If tempted, we recoil from it as from a hot flame.
- We react sanely and normally, and we will find that this has happened automatically.
- We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it.
- We are not fighting it, neither are we avoiding temptation.
- We feel as though we had been placed in a position of neutrality—safe and protected.
- We have not even sworn off. Instead, the problem has been removed. It does not exist for us.
- We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.
- If we have carefully followed directions, we have begun to sense the flow of His Spirit into us.
- To some extent we have become God-conscious.
- We have begun to develop this vital sixth sense.

The promises associated with Step Eleven

- Step Eleven suggests prayer and meditation.It works, if we have the proper attitude and work at it.
- Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use.
- Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.
- In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while.
- What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind.
- Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.
- We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions.
- We become much more efficient.
- We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.
- It works—it really does.

The promises associated with Step Twelve

- PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail.
- Life will take on new meaning.
- To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends — this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.
- Both you and the new man must walk day by day in the path of spiritual progress. If you persist, remarkable things will happen.
- When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned.
- Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!
- Assuming we are spiritually fit, we can do all sorts of things alcoholics are not supposed to do.
- Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful. You should not hesitate

to visit the most sordid spot on earth on such an errand. Keep on the firing line of life with these motives and God will keep you unharmed.

- The power of God goes deep!
- We have stopped fighting anybody and anything. We have to!