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# Stepping Stones

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## Coming Up !!!

- **OA-OKC Intergroup Meeting**  
Saturday, Jan 14  
10:15 am  
Intergroup Office
- **Workshop—“Avoiding the First Compulsive Bite”**  
Saturday, Jan 21  
1:30 pm  
Intergroup Office



## Abstaining comes first

Abstinence is the most important thing in my life. If I am eating compulsively—bingeing—every aspect of my life is affected. I no longer have any contact with a spiritual being. I’ve taken back the job of being my own god. I’ve given the food the power of being more powerful than God, and there is no longer any rhyme or reason to my life.

I see now that when I wasn’t refraining from eating addictive foods, my brain was so fogged I couldn’t fully comprehend what the steps meant. I was too busy worrying about where and when I was going to get my next fix to ease the feelings of powerlessness and unmanageability—step one.

I was looking for food to ease the letting go of dependence on people, places, and things—steps two and three.

I had to have a comforter to relieve the pain of all my character defects and the ad-

mission that I was not perfect—steps four and five.

Only God knew how much pain I felt trying to admit, become willing, and having to make amends—steps six, seven, eight, and nine.

I continued to seek food as a god so that I didn’t have to take a continuing personal inventory and then admit that I was less than perfect—step ten.

I prayed for the food and to the food, and had no concept of spirituality, only the food—step eleven.

The only message that I could carry to newcomers was that of relapse and irrational thinking because I chose to continue to eat—step twelve.

For me, abstinence must come before working any part of the steps. I don’t believe that the steps could make me abstinent. Being willing to feel and learning to deal with life on life’s terms came only after I was willing not to pick up the

## Powerlessness

*“We admitted we were powerless over food—that our lives had become unmanageable.”*

~ Step One

There is a tremendous paradox between powerlessness and responsibility. When I first entered OA, an admission of powerlessness meant that there was no point in putting effort into any actions which might curtail my compulsion to over-

eat. It took a year’s worth of experience and the patient guidance of my sponsor for me to realize that I am still responsible for doing the actions recommended by the OA program. The phrase is “powerless over food,” not “powerless over footwork.” Another light bulb flashed on, and so did abstinence.

~ *Voices of Recovery*, p. 308

## Helpful Links:

Greater OKC  
Intergroup  
[www.oakc.org](http://www.oakc.org)

Region 3 OA  
[www.oaregion3.org](http://www.oaregion3.org)

OA-World Service  
[www.oa.org](http://www.oa.org)

Tulsa Intergroup  
[www.tulsaoa.org](http://www.tulsaoa.org)

[XA-speakers.org](http://XA-speakers.org)

food again . . . . The tools in conjunction with my abstinence are what have kept me in recovery. I cannot remain abstinent from my compulsive behaviors if I choose to isolate myself by not going to meetings, if I don’t ask for help from a sponsor, if I don’t set aside time for P & M, literature, and writing in my journal. And if I don’t have a set daily food plan I am not abstinent.

I must protect my own anonymity and that of my fellows. I must continually give back to my fellow members, my group, and my intergroup through service. The tools were designed to insure that I remain abstinent from my addictive foods. But I have to use them. Thank God for OA, my program of recovery, and this wonderful tool of abstinence.

~ *Rockledge, FL, Abstinence*, p. 72-3



**We recover together!**



**Promise 1:  
We will know a new  
freedom and  
happiness**



**Concept One —  
The ultimate  
responsibility and  
authority for OA world  
services reside in the  
collective conscience of  
our whole Fellowship.**

~OA World Service Business  
Conference



## Step 1 — “We admitted we were powerless over food—that our lives had become unmanageable.”

In OA we learn that a lack of willpower isn't what makes us compulsive overeaters. In fact, compulsive overeaters often exhibit an exceptional amount of willpower. None of us decided to have this disorder, any more than we would have decided to have any other disease. We can now cease blaming ourselves or others for our compulsive eating.

The disease of compulsive eating is threefold in nature: physical, emotional, and spiritual. Compulsive eating does not stem simply from bad eating habits learned in childhood, nor just from adjustment prob-

lems, nor merely from a love of food, though all three of these may be factors in its development. It may be that many of us were born with a physical or emotional predisposition to eat compulsively. Whatever the cause, today we are not like normal people when it comes to eating . . .

We can't quit . . . Some of us even have a strange reaction to particular foods: while others can comfortably eat single portions of these foods, we feel compelled to eat another serving after we've finished the first . . . and then another . . . and another. What all of us have in common is that our

bodies and minds seem to send us signals about food which are quite different from those the normal eater receives. We have found through much experience that no matter how long we abstain from eating compulsively, and no matter how adept we become at facing life's problems, we will always have these abnormal tendencies.

Clearly, if we are to live free of the bondage of compulsive eating, we must abstain from all foods and eating behaviors which cause us problems.

~ OA 12 x 12, p. 1-3

## Tradition 1 — “Our common welfare should come first; personal recovery depends upon OA unity.”

Many of us would not be alive today if it were not for our OA groups. If we are to continue to live and recover, we must have the continued support of OA groups and the inspiration of our fellow OA members. Thus, the unity of OA is a matter of life and death

to us. In OA meetings, individuals are lovingly guided to keep the needs of the whole group in mind as we share our experience, strength, and hope.

Ideally, OA is a place where every member has ample opportunity to share, where we don't try to confront or fix each

other in the groups, where we do not dump the most intimate details of our lives on the meetings. [All] are responsible to protect the OA spirit of unity and mutual support.

~ OA 12 x 12, p. 109-11

## Principle of Honesty

*“More self-examination revealed many areas in which our lives were out of balance.”*

~ OA 12 x 12, p. 11

More! Can't I be done with this, at least for today? About food, I used to say “Just one!”

What if I examine myself for just one aspect of this day that seems out of balance? Has procrastination disturbed my serenity? Has something about my use of money been undermining my calm? Has avoiding my Higher Power put a strain on me? Where has today's chief discomfort been?

It is a one-day-at-a-time program.

I ask my Higher Power to guide and strengthen me to see and to plan one action I can take towards greater serenity.

I ask my Higher Power for the power to talk about what is bothering me in the next 24 hours with someone in program.

What bothered me so today need not bother me so much tomorrow, because I looked honestly at myself about it, with my Higher Power, tonight.

~ *Voices of Recovery*, p. 302

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\* **“If I say I have faith** \*  
\* **in a Higher Power,** \*  
\* **I can take the** \*  
\* **next step and** \*  
\* **turn the weight** \*  
\* **over to that Power.** \*  
\* **I can concentrate** \*  
\* **on taking the** \*  
\* **action—abstaining** \*  
\* **and working the** \*  
\* **steps—and leave** \*  
\* **the results to God.** \*  
\* **For today: If I stop** \*  
\* **“supervising” my** \*  
\* **weight loss, it will** \*  
\* **be taken care of—in** \*  
\* **God's time. I pray** \*  
\* **for the willingness** \*  
\* **to do that.** \*  
\* **~ For Today, p. 88** \*  
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# 12 Step Tool Box

## Literature

*"One aspect of this program that keeps us here is the promise of permanent recovery from this baffling malady."*

~ *OA 12 x 12*, p. 83

Day after day I admit my powerlessness over food and everything else in my life. By turning my powerlessness over to God, I am accepting help. I ask my Higher Power to show me His will for me and for my ability to concentrate on recovery.

## Prayer

There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life.

In praying, we ask simply that throughout the day God place in us the best understanding of His will that we can have for that day, and that we be given the grace by which we may carry it out.

We discover that we receive guidance for our lives to just about the extent that we stop making demands upon God to give it to us on order and on our terms.

~ *As Bill Sees It*, p. 33

Those of us who have come to make regular use of prayer would no more do without it than we would refuse air, food, or sunshine. And for the same reason. When we refuse air, light, or food, the body suffers. And when we turn

Reading Twelve-Step literature reminds me that I have a disease and that I can recover, one day at a time. The program teaches me that I must commit to work and live the Steps. Maintaining abstinence, being accountable to my sponsor, giving service, and making amends are some of the actions that keep me in recovery. As I keep these commitments each day, I receive the healing, happiness,

away from meditation and prayer, we likewise deprive our minds, our emotions, and our intuitions of vitally needed support.

As the body can fail its purpose for lack of nourishment, so can the soul. We all need the light of God's reality, the nourishment of His strength, and the atmosphere of His grace. To an amazing extent the facts of [O.A.] life confirm this ageless truth.

~ *As Bill Sees It*, p. 93

Whenever I find myself under acute tensions, I lengthen my daily walks and slowly repeat our Serenity Prayer in rhythm to my steps and breathing.

If I feel that my pain has in part been occasioned by others, I try to repeat, "God grant me the serenity to love their best, and never fear their worst." this benign healing process of repetition, sometimes necessary to persist with for days, has seldom failed to restore me to

joy, and freedom that eluded me before program.

I am grateful to God, to my family, to my OA family, and to all who love me unconditionally for their part in helping me become the [person] I am meant to be. Permanent recovery is possible, and I am worth receiving it.

~ *Voices of Recovery*, p. 74



at least a workable emotional balance and perspective.

~ *As Bill Sees It*, p. 250

In [program] we are often reminded that what we pray for may not be what is best for us. We are able to see only a little way, and our vision is clouded by our present situation and daily happenings and distractions.

If the problems I have to face seem beyond my endurance, I will not explain them to God; He already knows. I will not tell Him what I expect Him to do about my difficulties; He knows what is best for me.

When I am faced with something which it is beyond my power to perform, to decide, or to cope with, I will not struggle with it by myself. I will ask Him to show me what steps to take. This is prayer: not to ask for anything but guidance.

~ *One Day at a Time in Al-Anon*, p. 22



**We have a box full of tools for helping us keep in fit spiritual condition.**

## OA Tools of Recovery

- 1 Eating Plan
- 2 Sponsorship
- 3 Meetings
- 4 Telephone
- 5 Writing
- 6 Literature
- 7 Action Plan
- 8 Anonymity
- 9 Service

Learn more at:  
<http://www.aa.org/new-to-aa/tools-of-recovery.php>

**Share your experience, strength and hope!**  
Email a couple of paragraphs to [Intergroup@aaokc.org](mailto:Intergroup@aaokc.org) today!  
**We recover together!**

**SERENITY \* COURAGE \* WISDOM**

## Food for thought

*“The deception of others is nearly always rooted in the deception of ourselves.”*

~ As Bill Sees It, p. 17

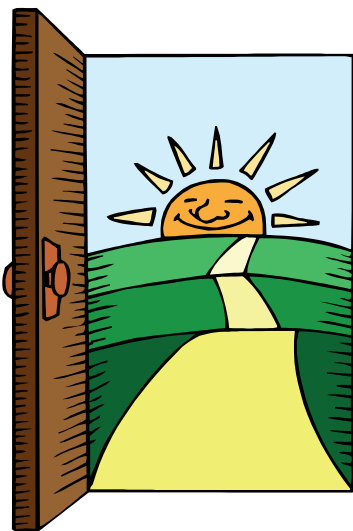


**“That basic desire of all humility [is] a desire to seek and do God’s will.”**

~ AA 12 x 12, p. 72

**“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.”**

~As Bill Sees It, p. 2



The path of recovery—  
it’s for LIFE!

## Feelings

*“What do I need to write about? I do not have to be afraid to look into my heart and put down what I find.”*

~ For Today, p. 350

Tonight I am withdrawing into senseless activity. Why? What are my feelings? ANGER—I fear anger because I have used it to hurt others and myself. It is safer to hide it in some activity.

Anger. Can I recognize it and deal with it without destroying others or myself? Yes, with the Twelve Steps of OA and its tools, I can. I can write about my anger and, as I do, I discover the more basic emotions of frustration, anxiety, and loss of control.

As I write, my anger less-

ens. I can talk to my sponsor and other OA members who can help me understand this anger and can help me let go and turn it over to God. Since OA, I no longer have to be afraid to look at my anger and put down what I find there. Then I can deal with it constructively.

I can live honestly with myself as I recognize and write about my feelings.

~ *Voices of Recovery*, p. 350

*“What a day may bring, a day may take away.”*

~ *Thomas Fuller*

“Hang onto the good feelings,” I tell myself. Sadly, the effort to control dissipates the

very state of being I want to retain. The clarity, the joy of living does not come about on demand. Good feelings come as a result of getting out of myself and “going with the flow.” As I live the OA program, I root out gloom-producing defects and discover a new capacity for pleasure.

**For today:** This is a day to be aware of my Higher Power’s gifts; to live with whatever comes my way.

~ *For Today*, p. 222

## Chasing normal

*“That these didn’t make us happy was surely due to the fact that we were fat (or felt we were). If we could just get to the perfect weight, life would be perfect.”*

~ OA 12 x 12, p. 4

I became abstinent after my first meeting and was a normal weight after six months. I ignored the emotional and spiritual parts of the program, thinking I might get to them eventually. I lost my abstinence, but started abstaining

again and knew that recovery had to be more than a diet or a “normal” weight. None of my problems went away when I was a normal weight. I thought normal-weight people had no problems, and I envied them. Now I realize that “normal” people deal with difficulties rather than pushing them down with food. With my Higher Power’s help, I, too, can recover.

~ *Voices of Recovery*, p. 47

**Let us never fear needed change. Certainly we have to discriminate between changes for worse and changes for better. But once a need becomes clearly apparent in an individual, in a group, or in [O.A.] as whole, it has long since been found out that we cannot stand still and look the other way.**

~ *As Bill Sees It*, p. 17

**GOD DOESN'T MAKE JUNK!**

**KEEP COMING BACK . . .**

To meetings, To your food plan, To calling to your sponsor and the fellowship, To working the Steps, To your Higher Power, To yourself.

**WE RECOVER TOGETHER!**