

# OA Desert Recovery

April 2021: Recovery

**Abstinence: the act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.**

## Upcoming Events

**April 17:** SoAZ Intergroup Meeting

**April 25.** 12th Step Within Workshop: Paradigm Aha's!

**May 15:** SoAZ Intergroup Meeting

**May 16.** 12 Steps in 15 Weeks Registration Deadline

**May 23.** 12th Step Within Workshop: Relapses, Remorse, & Resentment

**June 1 (or so 🤔):** OA Desert Recovery Newsletter out

## TSW Workshop Series for 2021 by Joy V'Marie

The Twelfth Step Within virtual workshop series for this year spells out the words STEP RECOVERY. Each letter represents, in chronological order, the first letter of that month's workshop.

### Topics for Monthly OA Workshops 12 Step Recovery: **STEP RECOVERY**

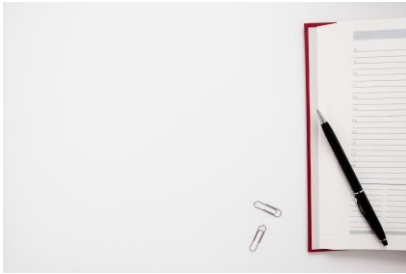
- S** - January 24<sup>th</sup> - Start with Self
- T** - February 28<sup>th</sup> - Trust God / Clean House / Help Others
- E** - March 28<sup>th</sup> - Elementary, My Dear
- P** - April 25<sup>th</sup> - Paradigm Aha's!
  
- R** - May 23<sup>rd</sup> - Relapses, Remorse, & Resentment
- E** - June 27<sup>th</sup> - Expectations
- C** - July 25<sup>th</sup> - Change
- O** - August 29<sup>th</sup> - One Day at a Time
- V** - September 26<sup>th</sup> - Victimization
- E** - October 24<sup>th</sup> - E&O (Easing God Out)
- R** - November 28<sup>th</sup> - Responsibility Pledge
- Y** - December 26<sup>th</sup> - Yo-Yo (You're On Your Own)

Each workshop runs on the 4th Sunday of the month (unless there is an OA conflict) from 1 to 2:30 PM (AZ Time). The workshops are run like speaker meetings with two speakers and sharing after each one.

**The OA Promise: I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.**

## Ideas for Discussing with a Sponsor or Journaling:

Evaluate “**The Spiritual Part of OA**” in your life. Write down how it manifests itself in your day-to-day living. Ask yourself if you could do more to incorporate your Higher Power, as you understand it to be, into your daily life. Jot down your ideas and try to implement them. Re-examine your progress in a month.



Registration for the workshops is on the SoAZ Intergroup website at <https://oasouthernaz.org/events/> or by emailing [event@oasouthernaz.org](mailto:event@oasouthernaz.org). Once the appropriate workshop is selected, OA members and visitors can indicate whether they'd like to include a 7th Tradition donation. Registrations can be completed up to 30 minutes before the workshop.

# PARADIGM AHAs

SUNDAY, APRIL 25<sup>TH</sup>, 2021, FROM 1 - 2:30 PM (MST)



**This Program Changed Me and My Way of Thinking!**

Register by clicking here:  
[event@oasouthernaz.org](mailto:event@oasouthernaz.org)

Questions? Send email to Joy V'M at [SoAZ.12thStepWithin@gmail.com](mailto:SoAZ.12thStepWithin@gmail.com)  
S-T-E-P R-E-C-O-V-E-R-Y

**SPONSORED BY THE 12<sup>th</sup> STEP WITHIN COMMITTEE**  
of the SoAZ Intergroup of OA

We hope to see you there! Should you have any questions, feel free to contact me, Joy V'Marie, at [SoAZ.12thStepWithin@gmail.com](mailto:SoAZ.12thStepWithin@gmail.com).

**Next deadline for submissions: May 15, 2021**

Theme: Spreading the OA Message

Email

[happyjoyous@q.com](mailto:happyjoyous@q.com)

**Step 11 Prayer - p. 99 *Twelve Steps and Twelve Traditions* (Alcoholics Anonymous):** "Lord, make me an instrument of thy peace! That where there is hatred, I may bring love. That where there is wrong, I may bring the spirit of forgiveness. That where there is discord, I may bring harmony. That where there is error, I may bring truth. That where there is doubt, I may bring faith. That where there is despair, I may bring hope. That where there are shadows, I may bring light. That where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort, than to be comforted. To Understand, than to be understood. To love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life. Amen."

### **Principles in the Twelve Steps:**

- 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
- Step Ten: Perseverance
- Step Eleven: Spiritual Awareness
- Step Twelve: Service

### **Principles in the Twelve Traditions:**

- 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

### **Principles in the Twelve Concepts of OA Service:**

- 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

## **Blessed Beyond Anything**

Having worked the Twelve Steps, what did I learn about the Principles?

Honesty. I learned to look truthfully at ugly things that I am powerless over yet make my life unmanageable. It takes honest vision to fully understand there is a problem and that I have no way to solve it myself.

Hope. I came to believe I can have a relationship with a Higher Power who can do things for me that I can't and that I can be restored to sanity. There is hope that the painful parts of my life can change and that HP has a better plan for me.

Faith. It was a leap of faith that something would sustain me when I stopped my way of doing things. But what I couldn't imagine doing forever, I could do for one day. Those days added up to a miracle. Aligning my will with God's and going through scary places in recovery is faith working in my life.

Courage and Integrity. Note the word "fearless" in "fearless moral inventory"; fear and faith don't coexist. It takes courage and integrity to look back at unflattering moments and share them with another person. To overcome my fear, become vulnerable, and present my true self is the basis for real relationships and connection.

Willingness. It's the whatever-it-takes clause in the contract with God and being ready, in God's time, to let go not only of hurtful things we want to change but also defects we enjoy. That's a scary concept. It's also one filled with honesty, hope, faith, courage, and integrity – amazing how these Principles work together.

Humility. When I earnestly ask for help, God goes to work, but not necessarily in ways I expect. Humility is acceptance of who we really are and the need to live in harmony with God's will to find serenity.

Self-discipline and love for others. Life is easier when I avoid doing things that make me owe amends and when I admit my part as soon as possible. The "my part" piece is a revelation – no matter what, I can act with a loving approach.

Perseverance. Even when God's plan feels difficult, by saying "I can do it today" and doing the next right thing, the todays add up. If I turn back, I'll never get to the destination.

Spiritual awareness. I came to understand that God is with us always. Spiritual awakening is having a living God in my life; I am taken care of and will get what I need. We are enough and are loved for who we are. I experience God in my connecting with God in others. Connection with God requires work and practice. To hear and understand God's will, I need to clear my mind.

Service. I don't only carry the message – I am the message. I don't need to sell program. I just need to live these Principles. And to keep this recovery, I need to share my experience, strength, and hope with others.

I came to OA thinking I had a problem with food yet learned I had a problem with life. I've been blessed beyond anything I ever thought to wish for.

## Is OA for You?

Welcome to Overeaters Anonymous. This series of questions may help you determine if you are a compulsive eater:

1. Do you eat when you're not hungry?
2. Do you go on eating binges for no apparent reason?
3. Do you have feelings of guilt and remorse after overeating?
4. Do you give too much time and thought to food?
5. Do you look forward with pleasure and anticipation to the time when you can eat alone?
6. Do you plan these secret binges ahead of time?
7. Do you eat sensibly before others and make up for it alone?
8. Is your weight affecting the way you live your life?
9. Have you tried to diet for a week (or longer), only to fall short of your goal?
10. Do you resent others telling you to "use a little willpower" to stop overeating?
11. Despite evidence to the contrary, have you continued to assert that you can diet "on your own" whenever you wish?
12. Do you crave to eat at a definite time, day or night, other than mealtime?
13. Do you eat to escape from worries or trouble?
14. Have you ever been treated for obesity or a food-related condition?
15. Does your eating behavior make you or others unhappy?

Have you answered yes to three or more of these questions? If so, it is probable that you have or are well on your way to having a compulsive overeating problem. We have found that the way to arrest this progressive disease is to practice the Twelve Steps recovery program of Overeaters Anonymous.

## Intergroup? What's that? by Janis (SoAZ Intergroup Vice Chair)

**Our Intergroup is called the Southern Arizona Intergroup or SoAZ.** An Intergroup provides services to existing groups within its geographical area and spreads the OA message of recovery to those who still suffer. (Our geographical description is Southern AZ including Yuma.)

Our SoAZ Intergroup is extremely active and we have many committees which do work to carry the message to all overeaters. Our **Newsletter** Chair, Michelle, puts together this newsletter and encourages members to add stories or artwork. Our **Meeting List** Chair, Cheryl, keeps our meeting list updated on our [oasouthernaz.org](http://oasouthernaz.org) website. Cheryl also maintains the Zoom accounts and Zoom training for hosts and sends out the eBlast emails. Speaking of the **Website**, that is Beth's responsibility, and she maintains and adds to the website as needed. Check out the website at [oasouthernaz.org](http://oasouthernaz.org). Individuals and groups are now able to donate a 7th tradition on the website. Click on the DONATE link at top right of the home screen. Our **Twelve Step Within (TSW)** Chair, Joy, has put together a series of 12 Zoom meetings, one each month, based on the letters in STEP RECOVERY. Linda, our **Special Events** chair, will be focusing on different events that carry the message to our members. In February, the Yuma meetings hosted Unity Day with a Big Book Weekend for our Intergroup. We have a **Telephone Chair**, Judy, who makes sure that any person calling our Intergroup's phone number, 520-733-0880 and leaves a message, will get a call back from an OA member. Our **Diversity and Inclusion** committee is new this year and is chaired by Rae. I think its name describes its purpose well. Our **Intergroup Rep (IR) Trainer**, Deb, is responsible for making sure the Reps are getting the information they need to share at their meetings and contribute on behalf of their meetings at Intergroup meetings. We have an opening for a **Public Information/Professional Outreach (PIPO)** chair who creates a plan to distribute literature and speakers for Health Fairs and health groups' meetings.

We list 31 group meetings in our Intergroup meeting list and many of them send Intergroup Reps to the Intergroup meetings. It would be great if each meeting had a rep to represent it. Intergroup meets by Zoom at 11:00 am on the third Saturday of each month, except January and November, which are on the second Saturday. The Zoom information is listed with the group meeting information on the [oasouthernaz.org](http://oasouthernaz.org) website. We'd love to have visitors at the meetings.

SoAZ Intergroup has a board that meets an hour before the intergroup meeting. On the Board are Roni, Chair; Janis, Vice Chair; Chris, Treasurer; Randi, Secretary; Cynthia, Sr. Delegate/RR; Leslie, Jr. Delegate/RR.

Annually we hold a Fall retreat in St David and last year it was a virtual retreat. I don't think we have a Chairperson for this year. If you are interested in chairing the retreat planning committee, send an email to any of the Intergroup IRs, Board members, or Committee Chairs.

On August 20-22 SoAZ Intergroup will be hosting the Region 3 Virtual Fall Convention and Assembly. We have a planning committee headed By Michael and Jill that's been meeting for almost 2 years now. Save this date as this will be a great recovery event for everyone.

I hope this helps explain what our Intergroup is and does. If you have any questions, please email me at [soaz.ig.vicechair@gmail.com](mailto:soaz.ig.vicechair@gmail.com).

# Local Stories of Recovery

## OA Birthday Party

### OA Birthday Party 2021 by Richard

Just a few weeks after my first OA meeting, I attended an in-person weekend retreat. This past January, nearly two years to the day later, I attended The OA Birthday Party entitled *Keys of the Kingdom*. So, you can say I'm a bit of a "group groupie" – not shy in groups nor particularly intimidated when "walking" into a room as the newcomer. Even if I were easily intimidated or shy, the 12 steps and traditions are built to support newcomer entry. As a compulsive overeater and as a gay man, that "welcome" has not always been my experience.

As part of the OA Birthday Party, I attended the Men's Panel and the LGBTQ Special Focus meeting. What I appreciated most was the opportunity to connect with people from all over the world. Over 60 men attended the Men's Panel, including one of the panelists, James L. who was from Ireland. Although James was born and raised in a different part of the world than I, identified as straight and I identify as gay, and he was nearly thirty years younger, I could absolutely identify with much of his story. Of the nearly 140 attendees in the Special Focus meeting there were panelists and attendees from across the LGBTQ+ spectrum. While we had compulsive food behavior in common, there were people who identified as lesbian, gay, transgender, non-binary, and fluid. Both sessions were a wonderful reminder of unity within our diversity.

In the Men's session through panelists and participants' shares I was reminded of the gender-based pressures around achievement and competitive strength that still show up for me, especially in men-only spaces. The kind of pressure that can put me on guard given the danger I've experienced being the target of hyper-masculinity in the past and over which I ate. In fact, an off-handed set of comments made in the meeting struck me as slightly homophobic and more than a little heterosexist. Defensively, I anticipated it might devolve into "locker room talk" whereby men try to bond by some assumed connection based on their shared interest in women. It put me on guard and took me back to a time when fear of not being part of the fraternity had very real and dangerous consequences. In the LGBTQ+ meeting I felt "seen" and even confirmed when one of the participants who had been in the Men's session also shared about their perceptions of the same exchange that I had heard. And isn't that what 12-step meetings are all about – feeling seen, understood, and supported through the shared experience of others?

So, what was mine to learn from this? Today, while I can still be triggered in these ways, 11th step tools like prayer and meditation remind me to look for the face of God especially in those I might defensively prejudge, including myself. Another lesson is to have compassion rather than "cancel" or write off the person by whom I'm triggered. My 4th step work reminds me to ask, what is my part in this? With compassion I realized that when I anticipate exclusion, this impacts how I show up and can lead to a self-fulfilling prophecy.

Working the steps has also taught me that knowing the right question(s) is at times as important as the answers. Questions I'm still pondering from this exchange include: How can I (how can men) express compassion, connection and intimacy with other men in an inclusive way and that don't reinforce misogyny? Given the predominance of women in OA meetings how do I explore this question using additional tools of recovery? Even if my perception of exclusion is well founded, how do I maintain the courage to be vulnerable while also holding compassion for those whose unintended actions locate me at the periphery? I am grateful for these questions as they aid in my recovery. I am grateful for meetings, Birthday Parties, and Conventions as they are a source for these powerful questions and often lead to answers.

In part, this is why I volunteered to serve as co-chair of the Program Committee for the upcoming Region 3 Convention (August 20-22, 2021) where the theme is "Act AZ if." Come lean into your questions – and if the answer isn't clear, act AZ if. You'll be welcomed with open arms. As we say, "Welcome to Overeaters Anonymous. Welcome home!"

# Local Stories of Recovery

## OA Big Book Weekend

### OA Birthday Party 2021 by Sara

I attended the OA Big Book Weekend, February 27th and 28th, 2021. It was marvelous. The presenter, Lawrie C, was very engaging and at times humorous. He took us through the Twelve Steps and also shared some "provocations." One of these thought and conversation-provoking statements is using the word "recovered" in front of compulsive eater because the Big Book says we are recovered (p viii). Being recovered is remembering not to indulge in what is a problem for us and not going back to what increases craving.

Lawrie is a wealth of knowledge of history, the Big Book, and the meaning of words. I am into all those things. He was friends with a sponsee of Charlie (of Joe and Charlie, who are also Twelve Step Big Book speakers who I like).

Lawrie told stories of his own proof of the disease:

- He would get angry when his wife would say "Ooooh, this is sooo good" and then wouldn't finish it because she was full. She would eat a quarter of the last piece on her plate and not finish because she was full.
- Chipmunk cheeks of goose skin when full on Hanukah.
- In a diner in Minneapolis, he kept eating horrible food when the guy next to him vomited in his plate and then passed out into it.

Lawrie took us through the Twelve Steps using the Big Book. The Steps are the ingredients. The Big Book is the recipe. The basic text should be read in order, like with a math book - we wouldn't start on Chapter 5. We must understand the problem and then find the solution in the Steps.

**Steps One and Two** are the Doctor's Opinion and the first four chapters summed up in the a, b, and c of Chapter 5 How It Works.

(a) 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.

We have to be convinced.

#### Step Three stories:

Wile E. Coyote hanging off a cliff: "If there is a God, save me." God: "I'm here, let go of the twig." Wile: "Is there anyone else up there?"

Man on a board of an important charity, someone runs away with all the money. Man prays "The lottery is in a week. I will eat only bread and water and pray." Black clouds come in on last day. Shaft of sunlight shines on his face and a voice says, "Buy a ticket"

In the Third Step prayer, we pray not so I don't eat so much, but so I can be useful.

We say: "I offer myself to Thee." Have we been accepted yet? We must "Launch out..." to the rest of the Steps

#### Step Four

Figure out what is bothering us; what is living in our head rent-free. Charlie (of Joe & Charlie) said his dad beat him up as a kid. After his dad died, is he still beating him up in his head?

Don't use "angry"; rather use frustrated, resentful. The "grouch and brainstorm" = Grumbling and rage.

Step Four shouldn't take long (20 minutes) to write down 50 resentments and the causes. Don't analyze. We can have a bunch of dittos.

Lawrie discussed his Fourth Step Charts for resentments, fear, sex and harms, using quotes from the Big Book. The charts can be found at oabigbook.info.

In the Big Book story "Freedom from Bondage," he explained the backdrop of the famous resentment story. The woman was delivering magazines to a charity and saw an article (Lawrie said it was Norman Vincent Peale) who suggested to pray for good things for the person we resent for 2 weeks.

The Big Book doesn't talk about forgiveness. In 1939 it meant repaying a debt. We forgive so that they don't live rent free in our heads.

How can we feel better doing the 4th Step? Do it as quickly as we can before self-pity and relapse. We can see how we can improve.

He made up a joke: How do you change a lightbulb?

In addition to the usual psychologist who says, "First, you have to want to change."

Chiropractor: "You have to keep coming back for adjustments."

Jewish Mother: "I'll sit in the dark."

OAer who has just finished the 170ish questions from OA Twelve & Twelve: "I can't answer any more questions!"

## Step Five

Dr. Bob sponsoring Bill: "Have you lied, cheated, stolen..." Bill said, "Yes, yes, yes." That was confession. Moved on to the next Steps the same day.

Page 73 says, "We pocket our pride and go to it, illuminating every twist of character every dark cranny of the past." This means skip reading columns two and three, which are (2) Where was I selfish, dishonest, inconsiderate? And (3) Did I arouse jealousy, suspicion, bitterness?

"Admitted the exact nature of our defects" because "wrongs" is just another word for defects that Bill W used (like shortcomings is also another word for defects).

Clancy (a famous AA speaker) said a sponsee was reading their Fourth Step and Clancy thinks, "Oh, not another one. Why can't I get a murderer?"

Terminal uniqueness is dangerous.

As a sponsor be careful not to tell them how they should think.

Step Five promises: "We are delighted...we look the world in the eyes... perfect peace and ease... fears fall from us." If we don't feel these things, we missed something so go back and write more things that keep me from those feelings; or maybe I didn't admit them to my HP.

**Step Six** Willing to go on (ready). "If we cling to something we won't let go of, we ask God to make us willing."

**Step Seven** is just a prayer. Do we need to spend time thinking about how humble we are? The next line is "Now we need more action."

The prayer uses the word "defects" again showing how Bill W used the word "shortcomings" in the Step because he didn't like using the same word over and over again.

**Steps Eight and Nine** are discussed together.

1. Apology: eyeball to eyeball.
2. Restitution: pay what I owe.
3. Public consequences.
4. Living amends.

We must be hard on ourselves, considerate of others.

No mention of amends to ourselves. [I have a hard time with that one since I did so much harm to myself, but then he went on...] We don't look within to make amends to ourselves: but we do become better, more helpful. We take care of ourselves for the benefit of others.

Maybe our weight has broken a chair; we have to buy another one.

Sometimes it may seem like harm, like breaking someone's arm pulling them up off a cliff saving their life.

Lawrie disagreed with wife about buying a new house. He said, "Put the kids to bed, and I will read all the OA & AA literature, and we'll talk in the morning because I'm not feeling spiritual." He didn't have an answer in the morning but said it would be their decision together so that I won't feel resentful. They bought it. Later he said he wished that hadn't and then he felt horrible and apologized for breaking a promise.

## **Step Ten**

We are told to "set right any new mistakes" not just "promptly admit."

Step Four is done by an amateur; Step Ten by a professional.

Do Step Ten when

1. restless
2. irritable
3. discontent

4-11. the 8 Bedevilments on page 52.

12. When food is a problem

maybe 13: when someone tells me I should.

## **Step Eleven** daily

The personal inventory is daily, so it is part of Step Eleven. At night we review that day.

We know what to do without analysis.

Mantra: "Thy will be done..." is comforting.

## **Step Twelve**

Dr. Bob said, "We are stewards of what we have" and "Service is giving of myself."

In Dr. Bob's last talk, he spoke of love and service, "Let's don't louse this thing up. Let's keep it simple."

Lawrie said, "I can share a summary of recovery in a few minutes and listen."

Toughness is important.

Honesty without compassion is cruel. Compassion without honesty can kill.

OA is a safe place but that doesn't mean it's comfortable.

Pray about what to say and how to say it.

Tailor sponsorship to the individual; not flexibility but learning how people think and what they need.

Three plans before working the Steps with a sponsee:

1. Plan of eating
2. How long it will take to do the Steps. Make appointment for Step Five. Timeline: How quickly they think, how much time they have available.
3. Daily strategy to deal with temptation while working the Steps.

If someone phones in their food, they should not do it to their sponsor but to someone else in program to be helpful to others.

If a sponsee relapses, don't fire them. They didn't fall backwards; they fell down. Figure out how to deal with mistakes. Examine plan of eating and/or look at Step work.

One of the Provocations is that we shouldn't shield people by not mentioning specific foods. Lawrie said, "How else can I tell my story?" I did have a hard time when he mentioned specific food a lot, but I can also see his point.

Go to parties to show my love, not motivated by hope of fun or food.

If offered something off my plan and they ask why I'm not eating it, I say "I'm allergic." If they ask what happens, I could say "It increases my craving and waistline. I'm in OA. If you know anyone who has my disease let me know."

Turn it into being helpful and useful.

Nurses don't just clean shit off people, they restore dignity.



In closing, Lawrie shared that a speaker was getting accolades and said, "Don't thank me, thank God." An old-timer said, "It wasn't that good!"

I have done Lawrie's Step study from [oabigbook.info](http://oabigbook.info) with my sponsor and got so much out of it. The book, like this workshop, has pages and pages of helpful one-liners, in-depth explanations, guidance through the Steps with many quotes from the Big Book, thought provoking stories, and conversation starters. I didn't go into all of his provocations because there is so much other good stuff, and he didn't dwell on them. When my sponsor and I read through them, we didn't agree with all of them, but we had great discussions.

As a sponsor and sponsee, I was reminded that the Steps are to be worked quickly, not analyzed.

Some general GEMS:

- Forks in the road as far as choices in career and marriage wouldn't have mattered as far as being a compulsive overeater.
- Compulsive overeating is death by a thousand cuts.
- A friend who was in AA and told him he would kill himself eating and to go to OA. Lawrie said he never ate a donut on Wednesday and woke up in a hotel the next day not knowing where he was and missed a business meeting. But still, overeating is as dangerous as overdrinking.
- Will power or won't power will not be enough.
- Allergy in 1939 meant adverse or detrimental reaction to a substance. Not necessarily visible.
- Stop eating when full to the stomach, not the neck.
- Selfish = self will. Wanting what I want regardless. Wanting all suffering in the world to stop is not selfish, but self-will.
- God = deepest values. Get rid of blockage.

It's hard to say what the most thought and action-provoking things were about the workshop because there were so many of them. I had heard the term "won't power" but find it very important as I believe I have a lot of God-given will power. Why was I saddened by the thought of eating when only full to my stomach; I must be a compulsive overeater! I also loved the definition of "selfish" being "self will" and the example because that is me and before I would just say I couldn't relate because I am not selfish.

I will end with one of my favorite subjects, service. One of Lawrie's provocations is "service is not slimming." It's not exactly the same as "carrying the message" in Step Twelve. I agree with him that service alone is not slimming. I can be a "service junkie" and forget about working all the Steps and then have no message to carry. "Carrying the message keeps our recovery because it's Step Twelve, but Steps Four through Nine are what bring us recovery."