

OA Desert Recovery

December 2022 - 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.”

[Spiritual Principle: SERVICE]

Step Twelve has three parts, and I cannot skimp on any. When I think of having a spiritual awakening, all the personality changes made over the years come to mind. I pretty much had to confront all of the seven deadlies. However, each time I wrestled with a defect, invariably, a program friend approached me with a similar problem. And, my struggle could be helpful. That is how carrying the message has worked for me. This program saved my life. Experience showed me that without practicing the Steps, Tools, and Principles daily, the beauty of the program could slip away, and the dark misery can return. So, all three parts must be in my life. ~Becki

“Having had a spiritual awakening...” I can face the truth about myself today. It isn't always pretty. I am growing and changing in recovery one day at a time – every day. HP is not finished with me yet.

Nevertheless, I “try to carry this message” as best I can. Not a hard sell. Mostly leading by example – if you want what I've got.

And, “try to practice these principles in all of my affairs” – I am authentically me. I strive to be consistently responsible in my life and relationships. When I'm not, I hope others will call me on it, because I am still a work in progress. And, I am willing to make amends where they are needed. ~Neva

First, it says in Step Twelve, having had a spiritual awakening. What???? How do I achieve this?? A huge part for me, identifying my disease of compulsive overeating! WOW what an amazing revelation! Then working my steps with a sponsor! What a freedom! Realizing that I've gone through a profound change, that only could be from my own conception of a Power greater than myself. Thanks be to OA for showing me the way. Now there's more to do. Gotta give it away, my new freedom and happiness.

🥰 ~Patti

Sponsored by *Southern Arizona Intergroup of Overeaters Anonymous*

Editor: Joy V'M | SoAZIG-Newsletter@gmail.com