

OA Desert Recovery

November 2022 - 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.”

[Spiritual Principle: Spiritual Awareness]

The first thing I do each morning as I drink my water is to write out my prayers. I talk about what I think I'm going to do for the day, what's going on in my head, and then I ask my Higher Power to show me what his plan is for me for the day. I end with a long gratitude list.

At five different points during the day, I have alerts on my calendar to remind me to stop, breathe, pray, and give gratitude. On days when I can't have my phone on at work, I really miss those reminders because it helps for me to stop, ask for direction, and give thanks.

At the end of each day, I do a 10th Step and another gratitude list. These steps are how I maintain my conscious contact each day and throughout my day. ~Michelle S.

When my husband, Frank, passed away, the nurse asked if I needed a social worker to advise what to do next. But I asked for the chaplain. I didn't need to know about legalities, I wanted to know we were okay with God. So, I asked the chaplain to pray. Keeping this in mind, what I do every day is designed so that I know I am okay with God. Before all else, not overeating is necessary so that I can feel that closeness. Each day, there is quiet time, reading program literature, writing a response to those thoughts, contact with program members, the input from my sponsor, prayers for guidance, strength, and for others. These actions, and also conscious contact, bring abstinence. All of it works together for recovery. This is what I do for Step Eleven – to seek knowledge of HP's will and gain the strength to carry that out! ~Becki B

Each morning before I get out of bed, I ask my Higher Power for guidance and direction.

I say the Serenity Prayer, paying attention to each word or phrase as I sort through mentally what in my life today is or is not in my power to change.

I do this as I move my body, stretching and strengthening.

Then I proceed to the Third Step Prayer and ask for removal of the obstacles within me, and then to the Seventh Step Prayer to turn myself over completely and move forward into my day. Often during this time, things come to mind that need my attention today. Sometimes I make a note of them as I get out of bed. Other times I ask to be reminded when it's time to act on them. I trust in that moment that I will be given exactly what I need.

This routine has varied and evolved over time, and I have let it. Along with journaling, meetings, sponsoring, and other tools, it keeps me focused on the solution. I know the connection is there even when I'm not focused on it 24/7.

It works for me when I work for it. ~Neva

I did not know how to meditate when I worked my way through the steps. I certainly did not have the patience to sit cross-legged with my eyes closed and meditate. Not even for two minutes. One day I went to a workshop on Step Eleven. The leader said that meditation could be done in many different ways. One of the ways she suggested is that we could meditate by sitting quietly with our eyes open and by looking at the leaves rustling in a tree. The leader said that we could listen to God's whispers at that moment. That is exactly what I started doing. I would take my dog in my backyard. She would lie in the sun. I would sit next to her and look at the big tree next door. I would watch the leaves rustling in the breeze. And my mind would suddenly slow down. I was able to listen to God's whispers. This is how I meditate. ~Lauren M.