
COURAGE **Leap of Faith!**

Step 4 Principle

Losing weight, letting go of my primary coping mechanisms, food and fat, were a huge LEAP into the unknown. In the late eighties, after losing around half my excess, my weight had plateaued, and I needed to accept a more restrictive food plan in order to attain a normal body size. Fear of surfacing from my fat fort felt overwhelming. I had absolutely no experience looking like the rest of the young women in the world. I had never been a normal body size; what would that be like? And what would it be like eating less food every day? Could I stay committed to this plan?

Before I began eating my first meal on the new plan, I felt like I was jumping off a cliff. I was in a restaurant and when my food came, I turned to God with my fears and said "I cannot imagine myself eating less food every day for the rest of my life. I cannot imagine myself at a normal body weight. I cannot eat less forever today. I cannot even eat less tomorrow today. But I can trust You with the outcome and just eat this one meal." And one day at a time, by the grace of God, the steps, and the fellowship of OA, I attained, and have maintained, a normal body weight ever since. ~Lee Ann B



The Principle Behind the 4th Step

That first meeting . . . that first share . . . asking if someone would be willing to sponsor me . . . giving up my favorite binge foods . . . working with my first sponsee after the first one disappeared . . . taking my first service position . . . reading aloud my first committee report at intergroup . . . telling my story during a speaker meeting . . . leading my first retreat . . . learning how to maintain the intergroup website . . . running my first workshop . . . going to my first Assembly and Convention . . . hanging in there even when my life was topsy-turvy . . . starting the program all over again every day. All of this takes courage . . . courage I didn't think I had. Right when I think I'm out of courage this program fills me up again so I'm ready to brave whatever is up ahead. Yes! Courage breeds more courage! ~Joy V'M

Where Does Courage Come From?



I didn't think I was a fearful person before I came into the program. Doing my fourth Step work was eye opening! It turns out I was constantly afraid. My first steps with courage were to trust in Higher Power. I really came to believe that no matter what happened in my day-to-day life, I would be OK.

However, when it came to BIG changes, I was still fearful--I just didn't call it that. I wanted to be adventurous and try new things, travel to new places, and change careers, but fear held me back even after many years of abstinence. It is only in the last few years that I really developed the Courage to make big changes. I retired early from my career as a teacher, began working full-time in a new profession for a corporation, and moved across the country to a state I'd only vacationed in.



Where did that Courage come from? A deeper faith in my Higher Power and doing the footwork.

~Michelle S

Editor's Note: The focus of the May newsletter will be the principle behind the Fifth Step:

Integrity. Your submissions will be gratefully received. Please email them to:

newsletter@oasouthernaz.org

I take "my" inventory; not "your" inventory. I find out what is going on with me. In reality, what am I doing? How do I treat people? I find "my" part...the only thing I can change is me. If I am still trying to change people, places and things, I am in trouble. My lifetime journey is to quit blaming others to justify my actions...quit making "them" responsible for "my" actions.

It never occurred to me that I needed to change myself to meet conditions, whatever they might be. If I am disturbed, then there is something wrong with me: Spiritually! My self-centered behavior blocked my relationship with God. My self-centered behavior blocked my relationship with others. My self-centered behavior caused myself (and others) problems.

My inventory lets me face the reality of who I really am today, how I really treat others, why I resent and fear. What drives my actions. Do I have the Courage to Change? ~Janet R

In the disease, I was totally fearful I was inside, until I got graciously sitting with my

If you have the Courage to Begin, you have the Courage to Succeed.

just hit me on the head for no reason. But, when I could no longer hide behind food, the anger and terror came into my consciousness. I realized how miserable it made me, and others. And, how those painful emotions separated me from HP, left me desolate. Still, it took all the Courage I could scrape together to turn the anger and fear away every time they occurred in my thoughts. Years of comfortable habit needed to be avoided. But HP was there, giving Courage, guiding me away from anger, and to serenity. ~Becki B

unaware of how angry and abstinent. I thought I was hands in my lap, and people