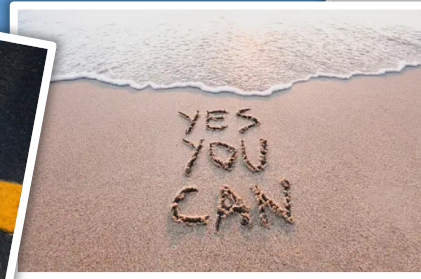


# OA Desert Recovery

Step Six Principle: WILLINGNESS  
JUNE 2023 | Issue 6



## By Becki B

I appreciate the slogan, "Let Go and Let God". It states how willingness truly works. Ego, anger, status seeking is all God given, to protect us in a harsh world. But, when they stop being a defense against real threats, and begin to be a driving motivation, they cause misery. It is only after recognizing this misery and being willing to let God take me to better things, that giving these defects up is possible. Instead of being defense driven, the goal is to become God guided, and trade misery for serenity. I need to be totally willing to turn to God in all things.

I looked at step six, and thought I was willing to have every defect removed. But then came the realization that the defects had returned, perhaps disguised, but still there. However, the question arose, if I am willing, why did this defect return? When fully willing, I remember that the crazy part of the disease wants to keep me insane. After all, if I am afraid of something, then the disease can justify taking over, to protect me by hiding behind food. Plus, there are the rewards. If I have resentment, then everything is someone else's fault, I am exonerated, and I get to eat. And round and round it goes. Getting away from this madness truly takes a Higher Power, to get off that disastrous merry-go-round. Willingness helps to begin the trek, and to stay the course.

## By Evie T

As a compulsive overeater in recovery, I'm so grateful for free will. It is the constant reminder that I have a choice in my actions, my relationships, my perspective, and ultimately in the willingness to let go of my choice to choose food. I have free will to choose my Higher Power to guide me into what's best for me and those that I interact with.

I've been in and out of recovery for fifteen years. In my early years, willingness was a constant battle. Simply put, I did not want to give up control of my life and even others, for that matter. I learned a lot in both recovery and relapse that came from the wisdom of my Higher Power delivered to me through sponsors, literature, and OA fellow members. I remember hearing "pray for the willingness to be willing." Oh, how I prayed that prayer over and over again. But the problem was I didn't believe I was truly powerless until the insanity of my eating and the consequences wore me out. And as suggested in program, I was finally desperate "to go to any lengths." I realized that every day I wake up is another chance to be willing to do anything for abstinence and freedom from the food obsession.

## By Michelle S

I know that willingness is important to my recovery as evidenced by its appearance 27 times in the AA Big Book! The first time I am asked to be willing is on page 12: "It was only a matter of being willing to believe in a Power greater than myself." Then I am promised (pp. 13–14) that "Belief in the power of God, plus enough willingness, honesty and humility to establish and maintain the new order of things, were the essential requirements." It seemed simple enough, so I decided I was willing to do what was asked.

Whenever I was in doubt, I turned to the many reminders that willingness is the key:

- "If what we have learned and felt and seen means anything at all, it means that all of us, whatever our race, creed, or color are the children of a living Creator with whom we may form a relationship upon simple and understandable terms as soon as we are willing and honest enough to try." (p. 28)
- "We found that as soon as we were able to lay aside prejudice and express even a willingness to believe in a Power greater than ourselves, we commenced to get results, even though it was impossible for any of us to fully define or comprehend that Power, which is God." (p. 46)
- "We needed to ask ourselves but one short question. 'Do I now believe, or am I even willing to believe, that there is a Power greater than myself?' As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way." (p. 47)
- "The point is, that we are willing to grow along spiritual lines." (p. 60)
- "The main thing is that he be willing to believe in a Power greater than himself and that he live by spiritual principles." (p. 93)

I am grateful to be willing today!

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*Willingness*

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## By Judy G

I was telling myself that I was abstinent, but noticed that bit by bit, the number on my bathroom scale was slowly but surely creeping up. I asked myself, "How could that be?" I turned the problem to my Higher Power! The answer came in the form of two questions. Are you willing to re-take Step One? Why not re-adopt the simple food plan that worked in the past? That turned out to be the answer! I had to be willing to look again at Step One and go back to the basic food plan that worked before. I am keeping simple...and I am walking free!



## By Michael A

Willingness is the first half, my half, of my alliance with HP. As I begin, God continues. As I do what I can, God does what I can't.

But I never want to forget that even my preemptive action, that too is a gift of God. He breaks the stagnation and makes me willing to be willing. Which is why I can never take credit for recovery. Because every action I take is "with God's help." Even the desire to take it, is "with God's help."

But—and this is the paradox—sometimes when I am not willing, when I feel all alone, when I feel God is gone, I need to act anyway. It can be a very small thing, like sending an email to a friend who's down. That's what I did this morning. I said, "Michael, what's the smallest action you're willing to take right now?" Then I sat down and wrote that email. It took two minutes. Then I went to my Saturday meeting. Then a meeting with a sponsee. And now I'm writing this! May it continue.



Editor's Note: The focus for the July newsletter will be the principle for Step Seven – HUMILITY. Your submissions will be greatly received when you send an email to [newsletter@oasouthernaz.org](mailto:newsletter@oasouthernaz.org) by July 15<sup>th</sup>. ~Judy