

OA Desert Recovery

Step 11 Principle: SPIRITUAL AWARENESS

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By Janet R

"Hey God, what are you doing today, and can I tag along?"

If I KNOW God is doing for me what I cannot do for myself, then why would I not RUN to God?

Prayer and meditation unblock the path between my head and my heart!

By Cindy S

When I open my eyes and see glorious colors surrounding me...

When I listen to beautiful music and my heart resonates...

When I smell the sweetness of lemon blossoms...

When I feel the soft fur of my beloved pet...

When I taste flavorful food on my tongue...

All of these...are messages from my HP. The question is ...Am I Listening?

Spiritual Awareness

"We can no more do without spirituality than we can do without food, shelter, or clothing."

~Ernest Holmes

By Joy V'Marie

I searched for God everywhere right from the get-go. I would visit churches and look around for God there. I found bits and pieces of Who I thought He might be. Years later, I thought I finally found God in an active young people's group in high school. Later, that turned out to be someone else's God. Ironically, it wasn't until I shrugged with hopelessness and reached out for the answer in this Program decades later that I finally found God. He's not Who I was Expecting. He's even better. And ironically now I find Him everywhere I go.



By Judy G

Abstinence and Spiritual Awareness: It has taken me a long time to understand, to the core of my being, that "I" cannot achieve abstinence. Goodness knows, I tried often enough. When the food crazies arrive, if I am WILLING to give them to my Higher Power, I am NEVER rejected; I'm never told, No, "YOU" take care of it. Simply put, God does for me what I cannot do for myself!

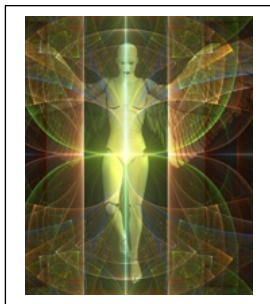
By Michelle S

My favorite prayer comes from a suggestion in "Step Eleven" of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*: "There may be times when we're faced with an important decision and want to know our Higher Power's will. Our sponsors or OA friends might suggest that we pray about it, asking God to increase our desire to take the action if we are supposed to take it, or decrease our desire if we're not supposed to take it." I rarely have to wait more than a day before a very clear answer comes.

I spend time in prayer each day because it helps me be the best version of myself. "Step Eleven" also says that "If time spent in prayer and meditation makes us even a little bit saner or more loving, if it encourages or strengthens us even a tiny bit, we can be sure God has 'spoken' and we have 'heard.'" That is all the reminder I need to stay close to God through prayer.

By Becki B

My spiritual awareness is directly linked to my abstinence. Once my complete failure to maintain abstinence was solidified in my mind, overwhelming fear accompanied it. I was powerless; my disease will take over. From somewhere, I needed to find the power to choose healthy eating. That power, my Higher Power, came from doing the Steps. Spiritual awareness appeared in the form of a still, small voice, and this awareness has grown in recovery. In looking back, I see moments when I paid attention to that guiding voice. However, during the dieting days, basted in the clamor of my frightened, self-seeking, and dishonest ego, listening for that guidance was hardly a priority. I was too busy handling one drama after another. It wasn't until I was so desperate – knowing that I either changed something or I was going to die – that I could listen to those inner messages. Messages such as, "You tried eating enough to hide, and it didn't work." Or, "The reason you are not better is that you haven't done what they told you to do." Just small messages that came into my mind, seemingly from nowhere, but which saved my life. That is how spiritual awareness works for me. It is the basis of a personal relationship between me and my Higher Power.



The focus for the December newsletter will be the principle for Step Twelve – **SERVICE**. Your submissions will be gratefully received when you send an email to Judy G at newsletter@oasouthernaz.org by December 12th. ~Judy

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