

OA Desert Recovery

February 2022 - Step Two

**“CAME TO BELIEVE THAT A POWER
GREATER THAN OURSELVES COULD
RESTORE US TO SANITY.”**

[Spiritual Principle: Hope]

When I got to OA, I was insane. Sober four years, the insanity of food obsession raised its ugly head. Diets, exercise programs, healthy cookbooks, self-help books...all attempts to eat “normally” ...on “self-will” while I let God handle my sobriety. Why couldn’t the other program fix my eating problems? Denial. I was powerless. I needed to be someplace where I could talk about pulling food out of the garbage just as I’d heard drunks tell (and laugh about) dumpster diving to find discarded bottles with a few drops left in them. I had never told the truth to myself or to anyone else. I pretended I was okay when I was not. No one without this disease understands. Denial around food addiction runs deep. Left in place, it kills us. But, there is hope. I could only find that solution in the OA fellowship. I couldn’t do it alone. OA is a Power greater than me. ~Neva S.

To me, Step Two means acceptance of the fact that I am insane when it comes to food. And, overcoming that insanity requires more power than I personally have. Listening in meetings, reading the literature, praying, have all led to trusting a Higher Power to remove this insanity. Because I believe this, the miracles of sanity came. ~Becki B.

I am grateful that I was so desperate when I came to the rooms of OA that I was willing to try anything – even pretend to believe. I wasn’t sure what that Power was, but I knew it wasn’t within my power. I had tried and failed so many times. I was heartbroken, demoralized, and in so much pain. My first Higher Power was the group. It worked for several women in my meetings, and they seemed happy, so why not try what they did? I listened to *everything* they told me and followed all of their suggestions. Guess what? It worked. I got abstinent. Once I was abstinent, I worked the Steps with an abstinent sponsor. Eventually I learned about my Higher Power and began to trust. Today I turn my life over to that Higher Power all day, every day. That is how I stay sane. ~Anonymous

There was a time I lived in Step One. It felt comfy, the powerless, my excuse to keep eating. But then I saw a sign on a bright green door which said: “Come on in and claim your freedom.” I knocked on the door, stepped in and moved from a want of power to a wealth of power, a wealth I can spend forever on freedom from my disease. ~Michael A

Wise folks say that the definition of insanity is doing the same thing over and over again and expecting different results. That's exactly what I had been doing. I was eating and eating away without realizing that something was eating me. My belief in a Higher Power and this program has helped me find myself, my abstinence, and my sanity. ~Joy V'M

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