
OA *Cares...*

WE OFFER HOPE

Have you tried diet clubs, shots, pills, weight doctors, etc., only to achieve success for a short time before going on to further failures—gaining and regaining weight each time? Have you known the despair of feeling fat? Are you thin now but know you are on your way up? Is your eating out of control?

WELCOME NEWCOMERS

We need you. We have found that unless we share what we have received in Overeaters Anonymous, we cannot keep it ourselves. Come to meetings, ask one of us to be your sponsor, read our literature and join us on the path to recovery.

Do not be afraid. There is not one among us who has not stood where you do now! Overeaters Anonymous is a Fellowship of men and women sharing their experience, strength and hope. We need never feel alone again.

There are no dues or fees for OA membership. We are self-supporting through our own contributions. The only requirement for membership is a desire to stop eating compulsively.

Overeaters Anonymous offers a Twelve-Step program of recovery for the physical, emotional and spiritual aspects of compulsive eating.

No matter what size you are when you come to OA, if you want to be free of the obsession with food, the OA program can work for you as it has for us. If you want to learn how to live a life free of compulsive eating, OA can help.

OUR INVITATION TO YOU

Reprinted from *Overeaters Anonymous*

We will help you and rejoice with you, and tell you that we are not failures just because we sometimes fail. We'll hold out our arms in love and stand beside you as you pull yourself back up. . . . Let us rejoice in our recovery and in the assurance that we have a home if we want it. Welcome to Overeaters Anonymous. Welcome home!

The Twelve Steps

Here are the Steps we took which are suggested as a program of recovery:

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. 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.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Permission to use the Twelve Steps of Alcoholics Anonymous
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