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## **UKWETHULA I-OVEREATERS ANONYMOUS**

### **Ngingaqala Kuphi?**

#### **Konke lokho Abasanda Kufika Okufanele Bakwazi**

Siyanamukela, Abasanda kufika!

Izingcaphuno eziningiliziwe ezivela kuyi Big Book, *i-Alcoholics Anonymous, Uhlelo Lwesine*, ziphinde yashicilelwa ngemvume ye-Alcoholics Anonymous World Services, Inc. (“AAWS”). Imvume yokuphinde kushicilelwe lezi zingcaphuno ayisho ukuthi i-AAWS ihlole noma yagunyaza ukwazisa okukule ncwadi, noma ukuthi i-AAWS kudingeka ivumelane nemibono evezwe ngaphakathi kule ncwadi. I-A.A. iwuhlelo lokuyeka ukuba utshwala wotshwala kuphela— ukusebenzisa lezi zingcaphuno ngokubambisana nezinhlelo kanye nemisebenzi elungiswe abakwa-A.A., kodwa Eziveza nezinye izinkinga, noma kokunye ukwazisa okungekona okwaka-A.A. noma kunjalo akusho lutho.

## **IZINYATHELO EZIYISHUMI NAMBILI ZAKWA-OVEREATERS ANONYMOUS**

1. Sesikwamukele ukuthi asinawo amandla ngaphezu kokudla—ukuthi ukuphila kwethu sekube okungalawuleki.
2. Sesifinyelele eqophelweni lokukholelwa ukuthi amandla angaphezu kwawethu angasibuyisela endleleni efanele yokucabanga.
3. Senze isinqumo sokushintsha izifiso zethu kanye nezimpilo zethu ekunakekelweni uNkulunkulu *njengoba sesimqonda Yena*.
4. Senze ukufunisisa kanye nohlu lwemikhuba yethu yokungabi naluvalo.
5. Sizinikele kuNkulunkulu, nakithi ngokwethu, kanye nakwabanye abantu okuyisisekelo sangempela seziphambeko zethu.
6. Sesikulungele sonke ukuvumela uNkulunkulu asuse konke ukungapheleli kwethu.
7. Ngokuzithoba simcele asuse ukulinganiselwa kwethu.
8. Senze uhlu lwabantu esike sabazwisa ubuhungu futhi sizimisele ukwenza ushintsho kubo bonke.
9. Senze ukulungisa okuqondile kulabo bantu noma nini lapho kungenzeka, ngaphandle kwalapho ukwenza kanjalo kuzolimaza bona noma abanye.
10. Siqhubeke nokwenza uhlu futhi lapho sibe nephutha khona, sikwamukele ngokushesha lokho.
11. Ngomthandazo nangokuzindla Ukuze sithuthukise ukuthuthukisa onembeza bethu ukuze baxhumane noNkulunkulu *njengoba sesimazi Yena*, singathandazela ulwazi lwentando yakhe kuphela namandla okwenza intando yakhe njengoba sesimazi Yena.

12. Ukuba nezinto ezisivuselelayo ngokomoya njengomphumela walezi Zinyathelo, sizama ukuthatha lo mlayezo kubo bonke abantu abadla ngokungalawuleki futhi sisebenzise lezi zimiso kuzo zonke izimo.

Imvume yokusebenzisa Izinyathelo Eziyishumi Nambili Ze-Alcoholics Anonymous ukuze ujoyinane nayo ehlinzekwe i-AA World Services, Inc.

### **Sawubona Osanda Kufika,**

Siyakwamukela kwa-Overeaters Anonymous. I-OA iyilungu okanye nalo, elisiza ngokululama ekudleni ngokungalawuleki nemikhuba yokudla lisebenzisa okuhlangenwe nakho okuvela kwabanye, amandla, nethemba ngokusebenzisa Izindlela Eziyishumi Nambili.

Uma uke wazama ukuba nobukhulu bomzimba onempilo usebenzisa izindlela eziningi, kodwa wahluleka izikhathi eziningi, noma uma ukungakwazi kwakho ukulawula indlela odla ngayo kuqala ukukwethusa, ngakho cabangela ukuvakashela umhlangano we-OA. Ukuthola umhlangano, ngena ku: [oa.org](http://oa.org) bese uchofoza ku: Thola Umhlangano (Find a Meeting).

Emhlanganweni we-OA, uzothola abanye abazizwa njengawe futhi ababelana ngemizwa efanayo neyakho. Amathuba ayoba ukuthi uyothola izimpendulo ozidingayo zemibuzo yakho eminingi. I-Overeaters Anonymous iwuhlelo olulula olusebenzayo. Akukho inkokhelo noma izindleko. Sizisekela thina ngeminikelo yethu siqu. Okuwukuphela kwemfuneko yokuba ilunga isifiso sokuyeka ukudla kakhulu.

Manje njengoba usubatholile abakwa-Overeaters Anonymous, ungase ube nesifiso sokubonisa ukuthi uhlelo lwethu lukufanele. Abanengi bethu baye bakuthola kuwusizo ukuphendula le mibuzo ukuze sithole ukuthi sinazo yini izinkinga zokudla ngokungalawuleki.

1. Ingabe ngiyadla lapho ngingalambile, noma angidli lapho umzimba wami udinga ukudla okunomsoco?
2. Ingabe ngivame ukudla kakhulu ngaphandle kwesizathu, ngezinye izikhathi ngidle ngize ngisuthe kakhulu noma ngizizwe sengigula?
3. Ingabe nginemizwa yecala, amahloni, noma ukuhlazeka ngobukhulu bomzimba wami noma ngendlela engidla ngayo?
4. Ingabe ngiyazithiba lapho ngidla phambi kwabantu bese kuthi lapho ngingedwa ngidle ngaphandle kokuzithimba?
5. Ingabe indlela engidla ngayo iyayithinta impilo yami noma indlela engiphila ngayo?
6. Uma imizwelo yami icindezelekile—kungaba ngokuhle noma ngokubi—ingabe ngizithola sengifuna ukudla?
7. Ingabe imikhuba yami yokudla yenza mina noma abanye bangajabuli?
8. Ingabe ngike ngawasebenzisa yini amaphilisi okuvimbela ukuqumbelana (laxatives), ukuphalaza, amaphilisi andisa umthamo wamanzi nosawoti emzimbeni (diuretics), ukuvocavoca umzimba okukhandlayo, amaphilisi okunciphisa umzimba, utshwala (shots) noma ezinye izinhlobo zokwelapha (ezihlanganisa ukuhlinzwa) ukuzama ukulawula

ubukhulu bomzimba?

9. Ingabe ngizila ukudla noma nginciphisa kakhulu indlela engidla ngayo ukuze ngilawule ubukhulu bomzimba wami?
10. Ingabe ngivame ukucabanga ngokuthi ukuphila bekuyoba ngcono kanjani ukube benginomzimba ohlukile?
11. Ingabe ngidinga ukuhlale ngihlafuna noma ngibe nokuthile emlonyeni wami ngaso sonke isikhathi: ukudla, ushigamu, ama-mint, amaswidi, noma iziphuzo?
12. Ingabe ngike ngakudla ukudla okosiwe, okuhlala esiqandisini noma okonakele; okusemathinini esitolo esidayisa ukudla; noma okuphuma kudoti?
13. Ingabe kukhona ukudla engingakhoni ukuyeka ukudla ngemva kokukunambitha okokuqala?
14. Ingabe ngehla emzimbeni ngokudla isikali esincishisiwe sokudla okunempilo noma “ngesikhathi esithile sokulawula indlela yami yokudla” okwathi kamuva kwalandelwa ukudla kakhulu okungalawuleki kanye/noma ukukhuluphala?
15. Ingabe ngichitha isikhathi esiningi ngicabanga ngokudla, ngizibuza ngiziphendula ngokuthi noma ngizodla ini, ngihlela uhlelo lokudla lokunciphisa umzimba olulandelayo noma ukuzivocavoca, noma ngibala izinga lamandla alondolozwe?

Ingabe uphendule ngo “yebo” kweminingi yale mibuzo? Uma kunjalo, kungenzeka ukuthi nakanjani unayo, noma usendleleni yokuba, nenkinga yokudla ngokungalawuleki noma ukudla ngokweqile.

Njengosanda kufika kwa-Overeaters Anonymous, kungenzeka unemibuzo eminingi ngalolu hlelo lokululama. Yini eyenza i-OA yehluka kwenye izinhlelo? I-OA ingakusiza kanjani ukuthi ululame ekudleni ngokungalawuleki nasekunakekeleni ubukhulu bomzimba wakho uma konke okunye osuke wakuzama kungaphumeleli? Ingabe i-OA ingakusiza uyeke ukudla kakhulu noma izindlela zokunciphisa umzimba ezingenampilo? Ungayithuthukisa kanjani inkululeko yakho yokulambela ukudla kanye nokudla ngokungalawuleki? Ingabe lisekhona ithemba?

### **Awuwedwa**

Awuwedwa neze. Nathi, futhi, sike sabhekana nokuphelelwa ithemba lapho sizama ukulawula inkinga yethu yokudla noma ukudla. Sizame zonke izindlela zokudla futhi sasebenzisa izindlela eziningi zokulawula ubukhulu bomzimba, kodwa asitholanga miphumela. Asikwazi ukujabulela ukuphila nobuthakathaka bethu bokunxanela ukudla, isisindo somzimba/noma ubukhulu. Asikwazanga ukuyeka ukudla kakhulu ngisho noma sasifuna ukuyeka. Ngezinye izikhathi, abanye bethu bebengafuni ukudla ngoba sicabanga ukuthi ilukuluku lethu lokudla lizoba namandla ngaphezu kwethu. Sasiba namahloni futhi sihlazekile ngenxa yemikhuba yethu yokudla.

Sasingebona abantu abavamile uma kuziwa endabeni yokudla. Into sonke esifana ngayo ukuthi imizimba yethu nezingqondo zisithumelela imilayezo ngokudla ebonakala ihlukile kweyabantu abadla ngesilinganiso esivamile. Abanye bethu abakwazi ukuyeka uma sebeqalile ukudla, ngisho noma singakwazi ukuyeka ngezikhathi ezithile, asikwazi ukuzibamba ukuba singaqali phansi. Abanye bethu bazame ngokuphindaphindiwe kodwa bahluleka ukulawula eminye imikhuba

yokudla ngokungalawuleki. Ngakho lo mjikelezo uyaqhubeka.

Kwa-Overeaters Anonymous, sifunde ukuthi sinokugula, isimo esingenampilo somzimba kanye nengqondo okumelwe silwe naso Nsuku zonke. I-OA inikeza ikhambi. Sithole ukuthi asisafuni ukubuyela emikhubeni yezidlo kanye nokudla okwavusa ilukuluku lokudla elingalawuleki. Sesikhululiwe esimweni sengqondo esingafanele. Sesikwazi ukuthuthukisa nokulawula isisindo somzimba esinempilo. Kithi, lokho kuwubala njengomlingo nje. Sithole indlela yokuyeka umkhuba wethu wokweqisa ohlobene nezidlo, indlela yokudla, ubukhulu bomzimba kanye/noma ukubukeka komzimba.

Sibonile ukuthi angeke sikwazi ukululama ngokwethu, ngakho sifunde ukwabelana namanye amalungu e-OA. Esikhundleni sokufuna ukudla ukuze sanelise imizwa yethu, siye emhlanganweni, sabhala ngemizwa yethu, safunda ezinye izincwadi ze-OA, noma sashayela ucingo abaxhasi bethu. Njengoba sisebenzisa le mikhuba emisha nenempilo, siqale ukuzizwa siphephile. Sithole ikhaya Emalungwini Esikanye Nawo kanye nabaxhasi abahlinzekwa abakwa-OA. Sithole ukuthi singalulama ngokusebenzisa Izinyathelo Eziyishumi Nambili zabakwa-OA ngokuzenza sitholakale ukusiza abanye abanenkinga efanayo.

Siyakuthembisa ukuthi uma uzisebenzisa lezi Zinyathelo Eziyishumi Nambili ngendlela ongakwazi ngayo, ube khona kaningi emihlanganweni, futhi usebenzise Amathuluzi akwa-OA, impilo yakho izoshintsha. Uzothola lokho nathi esikutholile, isimangaliso sokululama ekudleni kakhulu.

### **Izimpawu Eziningi, Ikhambi Elilodwa**

Kwa-Overeaters Anonymous, uzothola amalungu:

- Anesisindo esikhulu kakhulu somzimba, ngisho nakhuluphele kakhulu
- Anesisindo esikhulu somzimba
- Anesisindo esisezingeni somzimba
- Abangaphansi kwesisindo somzimba esisezingeni
- Abasanakekela imikhuba yabo yokudla isikhathi esithile
- Abangakhoni nhlobo ukulawula imikhuba yabo yokudla ngokungalawuleki

Amalungu akwa-QA ahlangebuzana nezinhlobo ezihlukahlukene emikhuba yokudla. Lezi “zimpawu” zihlukahlukene njengamalungu ethu. Phakathi kwawo:

- Abanomzimba onesisindo, ubukhulu, nokuma okungafani
- Abadla kakhulu
- Ukudla okulula
- Ukuzinikela ekudleni kancane
- Ukulamba
- Ukuzivocavoca okukhandlayo
- Ukuhlanza ngemva kokudla

- Ukusebenzisa ngokungafanele kanye/noma ngokweqile amaphilisi achamisanayo kanye nawokuqumbelana
- Ukuhlafuna bese ukukhafa ukudla
- Ukusebenzisa amaphilisi okunciphisa umzimba, utshwala nezinye izinto zokwelapha, okuhlanganisa ukuhlinzwa, ukulawula umzimba
- Ukungakwazi ukuyeka ukudla okuthile ngemva kokukunambitha okokuqala
- Imibono ngokudla
- Ukusebenzisa izinhlelo zokunciphisa umzimba ngokushesha
- Ukuzinikela ngokuphindaphindiwe ekudleni
- Ukusebenzisa ukudla njengomklomelo noma ukuze waneliseke.

Izimpawu zethu zingahlukahluka, kodwa sinomgomo owodwa: Asinawo amandla ukwedlula ukudla futhi izimpilo zethu azilawuleki. Le nkinga efanayo iholelele bonke abaku-OA ukuthi bafune futhi bathole ikhambi elifanayo ngeZinyathelo Eziyishumi Nambili kanye Namasiko Ayishumi Nambili akwa-Overeaters Anonymous. Sithole ukuthi, kungakhathaliseki ukuthi izimpawu zethu ziyini, sonke silwa nesimo esifanayo-oyedwa ongase aboshelwe sona ngokuphila ngale ndlela usuku ngalunye.

### **Ukuzithiba –Inhloso Yethu Eyinhloko**

I-OA yamukela lezi zincazelo ezilandelayo: “1) Ukuzithiba: Isenzo sokuyeka ukudla ngaphandle kokuzilawula nemikhuba yokudla engalawuleki lapho usasebenzela noma unakekela isisindo somzimba wakho onempilo. 2) Ukululama: Ukususa isidingo sokuzinikela emikhubeni yokudla engalawuleki. Ukululama ngokomoya, ngokomzwelo, kanye nangokomzimba kungenziwa ngokusebenzisa nangokuphila ngohlelo lweZinyathelo Eziyishumi Nambili zakwaOvereaters Anonymous.” Ababalingi bethu bathole ukuthi abakwazi ukuyeka ukudla ngokungalawuleki ngaphandle kokusebenzisa amanye noma wonke Amathuluzi ayisishiyagalolunye akwa-OA okululama ukubasiza basebenzise Izinyathelo Eziyishumi Nambili kanye Namasiko Ayishumi Nambili.

### **Amathuluzi Okululama**

Sisebenzisa Amathuluzi-uhlelo lokudla, abaxhasi, imihlangano, ucingo, ukubhala, izincwadi, ukungaziwa, izinsiza, nohlelo lokuthatha izinyathelo - ukusisiza sifinyelele futhi sinakekele ukuzithiba kanye nokululama esifweni sethu.

### **Uhlelo Lokudla**

Uhlelo lokudla lususisa siyeke ukudla ngokungalawuleki. Leli Thuluzi lisisiza sibhekane nezici ezingokoqobo zesifo sethu futhi silulame ngokomzimba.

### **Uxhaso**

Sicela umxhasi asisize size siqede zonke izigaba ezintathu zohlelo lwethu okululama: ngokomzimba, umzwelo, kanye nangokomoya. Sithola umxhasi onalokho okudingayo bese

sibuza lowo muntu ukuthi uqhuba kanjani.

### **Imihlangano**

Imihlangano isinika ithuba lokuhlonza inkinga efanayo yethu sonke, siqinisekise ikhambi elifanayo ngeziNyathelo Eziyishumi Nambili, nokwabelana nabanye ngesipho esisitholile kulolu hlelo. Ukwenezela emihlanganweni yobuso nobuso, i-OA ihlinzeka ngemihlangano yocingo kanye neye-inthanethi.

### **Ucingo**

Amalungu amaningi ashaya ucingo, noma abhalele abaxhasi babo i-imeyile namanye amalungu e-OA nsuku zonke. Ukuxhumana ngocingo noma ngezinye izindlela zobuchwepheshe kuhlinzeka ngosizo oluphuthumayo kulabo abakuthola kunzima ukunakekela ubunzima obuhlukahlukene abangase babhekane nakho.

### **Ukubhala**

Ukubhala phansi imicabango nemizwa yethu kususisa siqonde kangcono izenzo zethu nendlela esisabela ngayo ngendlela okungenzeki ngayo ukuthi ichazwe kalula nje ngokucabanga nangokukhuluma ngayo.

### **Izincwadi**

Sifunda izincwadi ezigunyaziwe zakwa-QA, izigqebhezana, kanye *Omagazini bakwaLifeline*. Ukufunda izincwadi nsuku zonke kusinikeza amandla okuthi singaqhubeka kanjani siphila ngeZinyathelo Eziyishumi Nambili kanye Namasiko Ayishumi Nambili.

### **Uhlelo Lokuthatha Izinyathelo**

Uhlelo lokuthatha izinyathelo luyisinyathelo sokuhlonza nokuthatha izinyathelo ezidingekayo ukusekela umuntu ngamunye onesifiso sokuzithiba. Njengohlelo lwethu lokudla, lungahlukahluka kakhulu emalungwini ethu futhi lungadinga ukushintshwa ukuze lwenze uhlobo, ukulinganisela, nokulawula ezimpilweni zethu.

### **Ukungaziwa**

Ukungaziwa kuqinisekisa ukuthi sizobeka izimiso ngaphambi kobuntu futhi busiqinisekisa ngokuthi ithina kuphela esinelungelo lokwenza amalungu ethu aziwe emphakathini wethu. Ukungaziwa esigabeni sabezindaba, umsakazo, amafilimu, umabonakude, kanye nezinye izinto zomphakathi kusho ukuthi asisoze savumela ubuso bethu noma amagama ethu ukuthi asentshenziswe ngemva kokuba sesizichaze njengamalungu e-OA.

Phakathi namalungu esikanye nawo, ukungaziwa kusho ukuthi noma nini lapho sihlanyela nelinye ilungu le-OA siyokwenza lokho ngenhlonipho nangokuzethemba. Lokho esikuzwe emhlanganweni kumelwe kugcine lapho.

### **Izinsiza**

Noma iziphi izinhlobo zezinsiza ezisiza ukufinyelela abanye abasenkingeni efana neyethu kwenezela ezingeni lokululama kwethu. Amalungu anganikeza izinsiza ngokuba khona

emihlanganweni, ukususa izihlalo, ukukhipha izincwadi, kanye nokukhuluma nalabo abasanda kufika. Ngaphandle kwezinga lethimba, ilungu lungakhonza njengommeleli wethimba, usihlalo wekomiti, ummeleli wesifunda, noma isihambeli Senkomfa.

Njengoba Umthwalo Wemfanelo Wesethembiso se-OA usho: “Ukuze kuqhubeke isandla nenhliziyo ye-OA kubo bonke abahlanganyele nami ekuphoqweni kwami; ngenxa yalokhu, nginomthwalo wemfanelo.”

### **Ulwazi Olwengeziwe: Uhlelo Lokudla**

Abaningi kithi beze enhlanganweni ye-Overeaters Anonymous belindele ukuthola uhlelo oluhle lokudla nokunciphisa umzimba. Esikutholile uhlelo lweZinyathelo Eziyishumi Nambili eziletha isisekelo sokuphila ukuphila usuku ngalunye. Kodwa alukho uhlelo lokudla! Sithole ukwesekwa nothando olungeqhathaniswe. Kodwa alukho uhlelo lokudla! Njengabasanda kufika kwa-AO, besididekile. Belukuphi uhlelo lokudla?

Ukuthuthukisa uhlelo olunempilo lokudla kungelinye laMathuluzi okuqala alolu hlelo esilisebenzisayo. Njengoba lungekho uhlelo lokudla oluphumelelayo ngaphandle Kwezinyathelo ezihlakaniphile ezisebenzayo, ukusebenizsa uhlelo lokudla njengeThuluzi kusisiza sibhekane nokudla ngendlela ezolile, enengqondo, nenokulinganisela. Sizolandela uhlelo lwethu lesidlo esisodwa ngesikhathi, usuku ngalunye. Lesi isiqalo sokufunda ukudla ngokusekelwe esidingweni sethu esingokomzimba kunokudla ngenxa yemizwa yethu yokunxanela ukudla.

### **Ukuba nohlelo olusha lokudla kubalulekile**

Asifani nabantu abadla ngokuvamile. Ngokusobala, kukhona okungalungile ngendlela yethu yamanje yokudla, noma asikaze seza kwa-OA. Abantu abadla ngokuvamile bayayeka ukudla uma sebesuthu. Thina asiyeki. Abantu abadla ngokuvamile abakufihli ukudla bese behlela ukuthi bazokudla kanjani esithe lapho kungekho muntu obabhekile. Thina senza kanjalo. Abantu abadla ngokuvamile abasebenzisi ukudla ukuze banelise ukungaphephi kwabo nokwesaba, noma ukwenza indlela yokubalekela ukukhathazeka noma izinkinga. Thina senza kanjalo. Abantu abadla ngokuvamile abazizwa benecala noma benamahloni ngendlela yabo yokudla. Thina sinjalo.

Kwa-OA, sithola ukuthi inkinga yethu ayikona ukuba buthakathaka noma ukuntula amandla okwenza. Kodwa sinesifo. Uma ukudla kuphambi kwethu noma sikuhalela, asikwazi ukwethemba izisusa zethu ezinhle noma amandla ethu okwenza ukuthi asiqondise ekwenzeni izinqumo ezinhle zokudla. Senze izibopho ezingamakhulu kithi ngokwethu kanye nakwabanye, sazama zonke izinhlobo zokudla, sazama ukwelashwa, ukugxilisa ingqondo, utshwala, amaphilisi, kodwa asikhonanga ukuyeka ukudla ngokungalawuleki.

### **Ukuthuthukisa uhlelo lokudla**

Ukusebenzisa uhlelo lokudla kuyisiqalo senkululeko yokudla ngokungalawuleki. Esikhundleni sokuncika ezibophweni kanye nasemandleni okwenza ukuthi akusize wenze izinqumo zokudla phambi kwesiqandisi noma endaweni yokudlela, sisungule kusengaphambili uhlelo oluhle

lokudla. Okokuqala, abaningi bethu basebenzisa uhlelo lwansuku zonke oluhlunganisa ukuthi yini, nini, kuphi nokuthi kungakanani esizokudla. Lolu hlelo lwansuku zonke lusebenza ukuhlukanisa phakathi kwendlela esidla ngayo kanye nemizwa yethu kanye bese isikhulula ekwenzeni izinqumo ebesivame ukuzenza ngaphambili usuku lonke. Inciphisa isikhathi esicabanga ngaso ngokudla bese isiza izingqondo zethu zihlukanise phakathi kwezifiso zethu kanye nelesi sifo. Sithole nokuthi sithambekele kakhulu ekulugcineni lolu hlelo lwethu uma sizinikela kulo njalo kanye nomxhasi. Njengakulo lonke lolu hlelo, sikwenza lokhu usuku ngalunye ngesikhathi. Akudingeki sicabange ngokuthi sizokwenza njalo.

## **I-The Dignity of Choice**

Ukuthuthukisa uhlelo lokudla, sihlola uhlelo lwethu lokudla ukuze sifunde ukuthi ikuphi ukudla kanye/noma imikhuba yokudla eyenza sibe nelukuluku. Sixoxa ngemikhuba yethu yokudla yesikhathi esidlule nomxhasi kanye nochwepheshe wezempilo okuzenza sikwazi ukwenqaba kanye nokubona ngaphakathi. Lapho sifuna usizo ekuthuthukiseni uhlelo lokudla, sisebenzisa isifiso ukuhlola imikhuba yethu ngendlela ebesingeke sikwazi ukukwenza ngayo sisodwa. Sifunde ukuthi ukusikisela okwenziwe umxhasi noma uchwepheshe wezokwelapha angeke kwenqatshwe nje kalula ngoba nje kusenza sizizwe kabi.

Sikholelwa ukuthi imizimba nezingqondo zabantu abadla ngokungalawuleki isabela ngokwehlukile ekudleni kunemizimba nezingqondo zabantu abadla ngokuvamile. Sikuthole kungcono ukubhala uhlu bese sikususa konke ukudla, izithako, kanye nemikhuba esibangela izinkinga. Sikukhuthaza ukuthi uthembeke futhi ungaqhubeki udla uhlobo oluthile lokudla noma wenza imikhuba ethile yokuziphatha ngenxa yokuthi awukwazi ukucabanga uphila ngaphandle kwako. Lokho kungaba izinto ngokuvamile eziyoba khona ohlwini lwakho. Ukusebenzisa Izinyathelo Eziyishumi Nambili kuzokusiza, ngesikhathi, ukhululeke esifisweni sokudla lokho kudla noma ubuyele emikhubeni yakho yangaphambili yokudla. Lapho sicabanga ngalolu hlelo hhayi njengesivimbelo kodwa njengesenzo esihle kanye nentuthuko eqhubekayo yokuzikhuza ngokomoya, siqala ukuthola inkululeko.

Ngezansi kunesibonelo sokudla kanye nemikhuba yokudla amanye amalungu e-OA ayihlonzile edale ilukuluku elingalawuleki lokudla.

**Ukukhetha ukudla okuthile ukuvimbela ukudla-ukudla kwethu “okuwugibe” noma “kakhulu”** Ukudla “okuyisicupho” noma “kakhulu” ukudla esikudla ngobuningi noma ukuze sigweme ukudla okunye ukudla, ukudla esikugadayo noma sikufihlele abanye; ukudla esikudla esithe; ukudla esikudla lapho sibungaza okuthile, lapho sicindezelekile, noma sinesizungu; noma ukudla okunemibalabala kodwa okunomsoco omcane. Ukwenezela, siyzcinga ukuze sibone ukuthi zikhona yini izithako ezifanayo ezikhona kulokho kudla-njengoshukela noma amafutha-okutholakalayo kokunye ukudla okungenzeka asikubhalile ohlwini lwethu.

Ngamunye wethu angaba nezinkinga ngohlobo lokudla oluhlukahlukene noma izithako. Uma ukudla bekuwukudla esithambekele ekukudleni kakhulu ngaphambili, noma kunesithako ebesikhona ekudleni esithambekele ukudla kakhulu ngaphambili, siyakususa ohlwini lwethu.



Ngokwesibonelo, uma i-pasta iwuhlobo lokudla okuwugibe, ngakho okunye ukudla okwenziwe ngofulawa (isinkwa, amakhekhe enziwe ngezithelo, amakhekhe) angakubangela izinkinga. Ukudla ngokuphindaphindiwe ukudla okungelona ugibe kungakubangela ukunxanela ukudla. Uma singaqiniseki ukuthi ukudla okuthile kuyasibangela yini izinkinga, siyakuyeka okokuqala. Kamuva, kanye nokuzithiba, impendulo eqondile ingase icace.

Nazi ezinye izibonelo lapha:

- ukudla kokuzijabulisa noma ukudla okungenamsoco (njengoshokoletshi, ukudla okusheshayo, amakhekhe, kanye namashibusi amazambane)
- ukudla okunoshukela (ngengokudla kwangemuva kwesidlo, imikhiqizo kadilinki enoshukela kanye okusanhlavu osekulungele ukudliwa, okusanyama osekulungele ukudliwa, izithako eziningi njengoswayi)
- ukudla okunamafutha (njengobhotela kanye nokunye okunobisi olunokhilimu noma ukudla okwenziwe ngobisi, ukudla okuphekwe ngobisi kanye nokudla okulula, kanye nokudla kwangemuva kwesidlo)
- ukudla okuhlanganisa ukolo noma ufulawa noma okuhlungwe amakhabhohyrathi (njengophaya, uhlobo oluthile lwe-pasta, kanye nezinkwa)
- ukudla ezihlanganise ingxube kashukela namafutha, noma ushukela, ufulawa, kanye namafutha (njenge-ice cream, amadonuthi, amakhekhe, kanye nophaya)
- ukudla esikudla ngobuningi noma okunye ukudla okungekona ukudla okuyisicupho kithi.

Lapho sihlonza ukudla kanye nezithako zokudla okusibangela ilukuluku lokudla, siyayeka ukukudla.

### **Ukukhetha imikhuba yokudla okudingeka siyiyeke**

Abantu abaningi kwa-OA bangadla kakhulu noma yini, ngisho noma kungekona ukudla okuningi; ngakho sibheka imikhuba yokudla ngokuvamile abantu abadla ngokuvamilee abayithola ingavamile-mhlawumbe sidla ngaso sonke isikhathi, noma sidla ngesikhathi esithile ngisho noma singalambile ngempela, noma sinemikhuba ethile noma izaba ezisinika ilungelo lokudla kakhulu. Ngisho noma leyo mikhuba ihlobene nohlobo oluthile lokudla, ngezinye izikhathi siba naleyo mikhuba ngisho nangokudla esingakuthandi kangako. Nazi ezinye izibonelo lapha:

- ukudla size sisuthe kakhulu
- ukwenqaba ngokuqinile ukudla okunemibala kuze kube kulapho sesibuthakathaka
- ukufuna ukuqeda konke ukudla okusesitsheni sethu (noma okusesitsheni somunye!)
- ukudla ngokushesha ukudla kwethu, ukusheshe siqede ngaphambi kwawo wonke umuntu
- ukufihla indlela esidla ngayo, noma ukugada noma ukufihla ukudla, ukuze sidle okwengeziwe
- ukubheka omagazini bakamuva ukuze ubone izinhlelo zokwehlisa umzimba, noma ulandele izindlela ezingathembeki zokwehlisa umzimba noma izindlela zezempilo

- ukudla ngenxa yokuthi kumahhala noma ngoba othile esiphekele
- ukudla ukuze ubungaze nomangenxa yokuthi kukunika ukunethezeka ngezikhathi zokucindezeleka noma zokungajabuli
- udinga ukuhlale uhlafuna okuthile emlonyeni
- ukudla ngezikhathi ezithile noma ezimweni ezithile, ngisho noma sikudinga noma singakudingi
- ukufuna izindlela zokudla ezinemibandela, amaphilisi okuqeda ukuqumbelana, ukuhlanza noma ukuzivocavoca ngokweqile
- ukudlela emathinini noma udle umile
- ukudla ushayela, ubukela umabonakude, noma ufunda
- ukucabanga okungahlelekile okusiholela ekubeni sikholelwe kakhulu nakakhulu ekutheni ukudla kungasibangela izinkinga-lokhu kungasiholela ebungozini bokudla kancane.

Lapho sithola imikhuba esebenzayo kithi, siyayiyeka.

### **Ukwenza Uhlelo**

Ngokusobala zonke izinhlelo zokudla ezitholakala phakathi kwamalungu akwa-OA zihlela ukuyeka uhlobo oluthile lokudla noma izithako ezithile zokudla kanye/noma imikhuba yokudla ethile. Abanye kwa-OA bathole ukuthi ukukususa lokhu kuyindlela efanele yohlelo lokudla. Abathile kwa-OA bakutholile, yize kunjalo, badinga isisekelo esengeziwe.

Kulabo bethu abadinga isisekelo esengeziwe bathole lokho ngempela okubelwe bakudle nokuthi bakudle kanjani, nesikhathi sosuku, nezikhawu phakathi nokudla, kanye nendawo esingadlala kuyo. Nathi ngokufanayo singakukala ukudla kwethu, sibale amakhalori, noma sinikezela ukudla kwethu komunye umuntu ekuphileni kwansuku zonke.

Ukwethembeka kuwukhiye-kumelwe sibe nesiqinisekiko asizikhohlisi. Lona umsebenzi wangempela. Kumelwe sisuse ukudla nemikhuba yokudla esilingela emikhubeni yethu yokudla ngokungalawuleki, ngisho noma lokho kusho ukubekela eceleni uhlelo lokudla olubonakala lwakha ingxenye ebalulekile yokuphila kwethu. Abanengi bethu bathole ukuthi abakwazi ukuchaza kanye nokukhetha uhlelo lokudla bebodwa; kudingeka sicele usizo kubaxhasi bethu, uchwepheshe wezempilo, kanye Nabasegunyeni Eliphezulu. Siphinde sikudinga nokuqondiswa nokusekelwa yibo ukuze silandelele uhlelo lwethu. Ngenxa yokuthi isifo sethu siyiqili, siyazibophezela ohlelweni lwethu lokudla futhi senze izinguquko ngemva kokuba sesazise abanye.

### **Ukuhlangabezana Nezibalo**

Abanengi bethu bakuthole kunzima ukubona ukuthi kungakanani ukudla okumelwe bakudle, ngakho sisebenzisa ezinye izivimbelo ezisisiza ngokusitshela ukuthi kunini lapho sesidle khona ngokwanele. Abanye bethu badla isintsha esisodwa nje kuphela, ababuyeli bayophaka futhi, bashiya okuthile esitsheni sabo, noma bayeke lapho bezwa nje ukuthi sebesuthi. Abanye bakuthole kubalulekile ukukala ukudla kwabo.

Ukukala nokulinganisa ekhaya, ngezikhathi ezithile, noma ngaso sonke isikhathi kungasisiza ngokwethembeka sihlangebezane nesidingo sethu futhi sithuthuke. Uma sikuthola kunzima ukubona isilinganiso esifanele, singakhetha ukukala nokulinganisa ngesikhathi, nanoma nini lapho senze khona ushintsho ohlelweni lwethu lokudla, ukuze siqiniseke ukuthi sidla isilinganiso esifanele. Ababnye bethu bakhetha ukukhala kanye nokulinganisa ukuze bekhululeke ekukhathazekeni ngesinqumo sansuku zonke sokuthi kungakanani ukudla okumelwe bakudle. I-OA ayenzi lutho ngokuqondene nokukala kanye nokulinganisa; sikuthole kuwusizo ukukuxoxa nomuntu ngamunye lokhu kanye nabaxhasi bethu noma uchwepheshe wezempilo.

### **Sicela Uphawule**

I-OA ayiyona ikilabhu yezindlela zokudla, futhi asitusi zindlela zokudla ezikhethekile. Noma kunjalo, sikholelwa ukuthi Njengamalungu esikanye nawo inkululeko y yokudla ilele endleleni esilulama ngayo, futhi indlela yokudla esisiza sifinyelele isisindo somzimba esinempilo siwumgogodla wokululama kwethu.

Abakwa-OA abakhethi zinhlobo ezithile zokudla okunomsoco. Kuphakathi kwakho kanye nochwepheshe wezempilo ukunquma ukuthi lokho noma ezinye izinhlelo zokudla zihlinzeka ngokudla okunempilo yini okudingwa umzimba wakho. Sikhuthaza amalungu e-OA atholakale enezinkinga ezithile zempilo (ukuhlansa, ukuzincisha, ushukela, isifo senhliziyo, umfutho wegazi ophezulu (bp), hypoglycemia, njlnjl.) ukuthi bafune futhi balandele amacebiso kachwepheshe wezokwelapha ngaphambi kokukhetha noma iluphi uhlelo lokudla.

Okulandelayo izibonelo zokuthi amanye amalungu akwa-OA akhethe ziphi izinhlelo zokudla. Zingakusiza njengoba zibhaliwe, noma njengesiqondiso ekuthuthukiseni olwakho siqu uhlelo. Sisikisela ukuthi ukhulume nomxhasi wakho kanye nochwepheshe wezempilo mayelana nokuthi ungazisebenisa kanjani ezinye zalezi zinhlelo ngokwezidingo zakho siqu. Ngokwesibonelo, uma unezimfuneko ezithile zohlobo lokudla ezikhethekile (udla imifino kuphela, onaludli ubisi, ungezwani namakhabhohydrathi, njlnjl.), uungase udinge usizo ukukhetha kanye nokwenza uhlelo. Ukwenezela, uma udinga ukwenza ushintsho ohlelweni lwakho ukuze luvumelane nesimiso sakho noma nesimo sempilo, ungahlukanisa izidlo zakho zibe ngaphezu kwenani lezidlo ezisikiselwe.

Ezinye izinhlelo zibeka isilinganiso sezidlo okumelwe uzithathe ukudla ngakunye; bheka esithi “Ziyini izidlo” **ekhasini XX** ngezinto ongazikhethela kuzo kanye nobukhulu besidlo. Ngenxa yokuthi i-OA iyilungu Esikanye Nalo Lomhlaba Wonke, ukudla komdabu kwasendaweni yangakini okungafakiwe kule ngxenye kungaba ingxenye yohlelo lwakho. Ngaphezu kwalokho, kuye ngobude bakho, isisindo kanye nezinga lakho lokukhuthala, ungase udinge izinkomishi eziingu 8-12 zamanzi ngosuku.

### **Izinhlelo Zokudla**

#### **UHLELO 3-0-1**

- Izidlo ezintathu ezisesilinganisweni esikahle, ezinomsoco ngosuku, ngaphandle kokudla okuthile phakathi nalezi zikhathi, usuku ngalunye ngesikhathi.

- Ungakudli ukudla noma izithako zokudla ozihlonze njengezivusela ilukuluku lokufuna ukudla.
- Yeka imikhuba yokudla oyihlonze njengekubangela ilukuluku lokufuna ukudla.

#### **UHLELO OLUYISEKELO #1**

- **Isidlo sasekuseni**  
2 ounces wamaprotheni  
2 isitashi/isidlo sokusanhlavu  
1 isidlo sezithelo  
2 wezinkomoshi zobisi noma okungena esikhaleni sobisi
- **Isidlo sasemini**  
4 ounces wamaprotheini  
2 isitashi/isidlo sokusanhlavu  
1 isidlo sezithelo  
2 isidlo semifino  
2 isidlo sokunamafutha (10-12 grams wesilinganiso samafutha)
- **Isidlo sakusihlwa**  
4 ounces wamaprotheini  
2 isitashi/isidlo sokusanhlavu  
1 isidlo sezithelo  
3 isidlo semifino  
2 isidlo sokunamafutha (10-12 grams isilinganiso)

#### **UHLELO OLUYISEKELO #2**

- **Isidlo sasekuseni**  
2 ounces wamaprotheni  
1 isitashi/isidlo sokusanhlavu  
1 isidlo sezithelo  
1 inkomishi yobisi noma okumelela ubisi
- **Isidlo sasemini**  
3 ounces wamaprotheni  
1 isitashi/isidlo sokusanhlavu  
1 isidlo sezithelo  
3 isidlo semifino  
2 isidlo sokunamafutha (10-12 grams wesilinganiso samafutha)
- **Isidlo sakusihlwa**  
3 ounces wamaprotheni  
1 isitashi/isidlo sokusanhlavu  
1 isidlo sezithelo  
3 isidlo semifino  
2 isidlo sokunamafutha (10-12 grams isilinganiso)
- **Isikhathi sokulala**  
1 isitashi/isidlo sokusanhlavu

- 1 isidlo sezithelo
- 1 inkomishi yobisi noma okumelela ubisi

#### **UHLELO OLUNAMAKHABHOHYDRATHI KAKHULU**

- **Isidlo sasekuseni**
  - 2 isitashi/isidlo sokusanhlavu
  - 1 isidlo sezithelo
  - 1 inkomishi yobisi noma okumelela ubisi
- **Isidlo sasemini**
  - 2 ounces wamaprotheni
  - 2 isitashi/isidlo sokusanhlavu
  - 1 isidlo sezithelo
  - 3 isidlo semifino
  - 2 isidlo sokunamafutha (10-12 grams wesilinganiso samafutha)
- **Isidlo sakusihlwa**
  - 2 ounces wamaprotheni
  - 2 isitashi/isidlo sokusanhlavu
  - 1 isidlo sezithelo
  - 3 isidlo semifino
  - 2 isidlo sokunamafutha (10-12 grams isilinganiso)
- **Isikhathi sokulala**
  - 2 isitashi/isidlo sokusanhlavu
  - 1 isidlo sezithelo
  - 1 inkomishi yobisi noma okumelela ubisi

#### **UHLELO OLUNEZINGA ELIPHANSI KAKHULU LAMAKHABHOHYDRATHI**

- **Isidlo sasekuseni**
  - 4 ounces wamaprotheini
  - 1 isidlo sezithelo
- **Isidlo sasemini**
  - 4 ounces wamaprotheini
  - 1 wezinkomishi eziphekiwe zemifino
  - 2 wezinkomishi zemifino engaphekiwe
- **Isidlo sakusihlwa**
  - 4 ounces wamaprotheini
  - 1 wezinkomishi eziphekiwe zemifino
  - 2 wezinkomishi zemifino engaphekiwe
- 3 wesidlo esinamafutha (14-16 grams) usuku lonke

***Ngaphambi kokukhetha noma iluphi lwalezi zinhlelo, sikukhuthaza ukuthi uxhumane nomxhasi wakho kanye nochwepheshe wezempilo.***

## **Siyini isidlo?**

Izilinganiso zezidlo ezisikiselwe ngezansi kuneziqondiso ezivamile.

**Isilinganiso:** Ubudlelwane phakathi kwesilinganiso sobuningi kanye nesilinganiso sesisindo siyahluhlaka, kuye ngokudla, kanye nezinguqulo zezibalo ze metric ngezinye izikhathi azinembile. Ngokuvamile:

1 isipunu sokudla = 3 izipunu zetiye = 15 ml.

1 inkomoshi = 16 isipunu sokudla = 240 ml.

1 ounce = 28.35 grams

**Amaprotheni:** Isidlo samaprotheni sihlanganisa yonke inyama, inkukhu, kanye nenhlanzi. Iqanda elilodwa, 2 ounces kashizi we-cottage noma we-ricotta,  $\frac{1}{4}$  wenkomishi noma 2 ounces kabhontshisi ophekiwe, 1 ounce we-tofu evamile noma 2 ounces we-fofu ethambile/elula, 1 isipunu sokudla sebhotele wamakinati sibalwa njenge-1 ounce yeprotheni. Bala 1 ounce wamakinati (amakinati, i-pistachios, amakinati esoya noma ama-alimondi) njengamaprotheni angu-2 ounces.

**Isitashi/Okusanhlavu:** Isidlo esisodwa sokusanhlavu osekulungele ukudliwa kubalwa njenge-ounce kungakhathaliseki ubuningi (okusanhlavu okudliwa kushisa kumelwe kukalwe ngaphambi kokukupheka) ucezu olulodwa lwesinkwa;  $\frac{1}{2}$  wenkomishi ye-pasta ephekiwe, amazambane, ilayisi, umbila, uphizi, isikwashi sasebusika kanye neminye imifino enesitashi. Ngokwesisindo, isidlo esisodwa singama-ounce angu-4 amazambane aphekiwe, ubhatata, ama-yam; isidlo esisodwa sezinye izinhlobo zesitashi (ilayisi, uphizi, umbila, ukolo webarley, ukolo wemillet, njlnjl.) isikali sayo siba ama-ounce angu-3 ephekiwe.

**Izithelo:** Isidlo esisodwa sezithelo sisho ubukhulu obuvamile besithelo, 6 ounces (noma inkomishi eyodwa) yesithelo esisanda kukhiwa esihlahelini esiqotshiwe,  $\frac{1}{2}$  wenkomishi yezithelo egcinwe ebhodleleni egcinwe nojusi wawo, noma  $\frac{3}{4}$  wenkomishi noma 6 ounces oneqhwa, isithelo esingenashukela (ngemva kokuncibilikiswa).

**Imifino:** Imifino enesitashi esincane kuphela ngokuvamile esentshenziswa njengesidlo semifino; imifino enesitshi (umbila, uphizi, isikwashisasebusika) ngokuvamile sibhekwa njengesidlo sesitashi/okusanhlavu. Inkomishi eyodwa (ikalwa njengama-ounce angu-4) imifini engaphekiwe noma  $\frac{1}{2}$  wenkomishi (ikalwa njengama-ounce angu-3) imifino ephekiwe ibalwa njengesidlo semifino.

**Ubisi/Okungena Esikhundleni Sobisi:** Inkomishi eyodwa (8 ounces) weziga eliphansi lamafutha, ubisi lungenashukela, ubisi lwesoya noma iyogathi ibalwa njengesidlo.

**Amafutha:** Ngenxa yokuthi izinto eziningi ezinamafutha amancane kanye nancishisiwe ziyatholakala, sikhethe ukuchaza isisindo samafutha asikiselwe. Ngokuvamile isipuni setiye 1 samafutha noma ibhotele lihlanganisa 5 grams wamafutha. I-ounce eyodwa kakotapeni, amafutha e-olive amahlanu, 2 izipunu zokudla zikakhilimu omuncu, 1 isipunu sokudla sikhazizi osakhilimu zingu 5-7 grams wamafutha.

**Amanothi ekufundeni amalebula:** Siwafunda ngokucophelela amalebula noma sibuzanegezithako ukuze siqiniseke ngokuthi ukudla okusohlwini lokudla esingeke sikudle akukho ohlwini lokudla esikudlayo. Ezinye izithako njengoshukela kunzima ukuzisusa, futhi kunezinhlubo zamagama ahlukehlukehene ezinhlobo zikashukela (isib. I-sucrose, i-dextrose, i-fructose, i-glucose, njlnj.) futhi bayatholakala ekudleni okuningi. Abanye bethu bahlukanisa izinto ezihlanganisa ukudla kwethu okunesicupho, kuyilapho abanye behlukanisa izinto eziyisicupho kuphela ezibalwe ezithakweni zokuqala ezine.

### **Ukwakheka kanye Nokubekezela**

Ukuzibophezela kweqiniso kokungabi namandla kusho ukuthi ukubeka phansi ukudla ngaphezu koku ngabi namandla. Lokho kudla kungahlukahluka kumuntu ngamunye. Siqinga ukuthembeka ngokuphelele kithi ngokwethu, abaxhasi bethu, kanye nochwepheshe bethu bezempilo mayelana nokuthi ikuphi ukudla, izithako, kanye nemikhuba yokudla esibangela ilukuluku lokudla, ukudla ngokungalawuleki noma ezinye izinkinga.

Kaningi, umqondo wokuthi ngeke futhi ngikudle ukudla okuthile ubonakala ukhathaza futhi kungenakwenzeka. Qiniseka ngokuthi ngosizo olwanele kanye neZinyathelo Eziyishumi Nambili zohlelo lokululama, ungenza izinto ebezihlale zibonakala zingenakwenzeka ngokuphelele. Njengoba sesifundile ukuthi njengoba sisebenzisa Izinyathelo Eziyishumi Nambili, kwenzeka isimangaliso, izingqondo zethu ziyavuseleleka. Asibe sisafuna ukuba nalokho kudla noma imikhuba ekuphileni kwethu.

Abanye bethu badinga uhlelo olwakhiwe kahle kunabanye. Abanye bethu kumelwe bagweme ukudla abanye abangakudla ngokukhululekile. Sonke sihlukile. Lapho sithola uhlelo olusisebenzelayo, siyajabula kakhulu sifuna ukuhlanganyela lokho nabanye. Kunomehluko phakathi kokuhlanganyela nabanye uhlelo lwethu kanye nokuluphoqelela kwabanye. Siyayamukela imibono kanye nezidingo zabanye, ngaso sonke isikhathi sibambelela kolwethu uhlelo lokudla njengesibopho sethu kanye nempahla yethu. Inqubomgomo Yenkomfa Yezinkonzo Zebhizinisi Lomhlaba Wonke 2000a (owalungiswa ngo-2005) ubonisa ukuthi “Alikho ilingu lakwa-OA okumelwe livinjelwe ukuhambela, ukwabelana, ukuholela, kanye/noma nokukhonza njengesikhulumisi emihlanganweni ye-OA ngenxa yezinqumo zohlelo lokudla. Amaqembu abelana ngezinhlalo zokudla kumelwe abambisane nemithetho engaphandle kwezincwadi zakwa-OA, kanye nomthetho wokushicilela.”

### **Isiphetho**

Ukuzithiba isimo sengqondo esidalwa inkululeko yethu yokuphunyuka ekunxaneleni ukudla. Uhlelo lokudla-liyisiqondiso somuntu siqu sokuthla ukudla ngesilinganiso esifanele-Ithuluzi elisisiza siqale uhambo lokululama ekudleni ngokungalawuleki. Leli bhukwana likhuthaza ukuhlonipha izidingo zabantu ngabanye nokwehlukahluka kwabo ngokusivumela ukuthi sizibonele lokho okufanele nokuba nesimo sengqondo esihle ngathi ngokwethu. Khumbula ukuthi uhlelo lweZinyathelo Eziyishumi Nambili lwe-Overeaters Anonymous, hhayi uhlelo oluthile nje kuphela lokudla, liwukhiye wohambo lwethu olude lokululama ekudleni ngokungalawuleki.

## **Imibuzo Ebuzwa Njalo-Kanye Nezimpendulo**

### **Kuyini ukudla ngokungalawuleki?**

“Ukudla ngokungalawuleki” kuchazwa njengesifiso esingagwemeki sokwenza into ngendlela engavamile. Igama elithi “okungagwemeki” lisho ukuthi awukwazi ukusenzaba lesi sifiso, kungakhathaliseki ukuthi zingakhi izithembiso esizenzile kithi ngokwethu noma kwabanye abantu. Esimweni sethu, asikwazi ukulawula imkhuba yethu yokudla.

Kwa-OA, sikholelwa ukuthi ukudla kakhulu ngokungalawuleki kuyisifo esingokomzimba, ngokomzwelo, kanye nesingokomoya. Isifo esibangela ezinye izici zomzimba wethu zingasebenzi kahle. Esimweni sethu, indawo esikuyo elawula imikhuba yethu yokudla. Uketshezi lomzimba olubangela abantu abadla ngokuvamile ukuthi bayeke ukudla lapho sebesuthi, noma ngakolunye uhlangothi balawule imikhuba yabo yokudla, alusebenzi kahle kithi.

Kwabanye, lesi sifo sisebenza ngokufanayo njengokuba umlutha wotshwala noma izidakamizwa; ngaphandle kwesimo sethu, ukudla okuthile, noma ukudla kakhulu nje kukodwa, kwakho ilukuluku elukhulu noma ngaphezulu. Incazelo ye-OA yokudla ngokungalawuleki ihlanganisa zonke izinhlangothi zemikhuba yokudla engenampilo. Akukhona ukuthi kungakanani esikudlayo noma ukuthi sinesisindo esingakanani, kodwa indlela esizama ngayo ukulawula ukudla kwethu. Abanye bethu siyakufihla ukudla kwethu bese sikudla esithe. Abanye badla kakhulu bese bekukhipha, kuyilapho abanye bekhetha phakathi kokudla kakhulu kanye nokulamba. Bonke abantu abadla ngokungalawuleki banento eyodwa abafana ngayo: kungakhathaliseki ukuthi sibhekene nobunzima bokudla kakhulu, ukucindezeleka, ukudla kakhulu, ukuhlanzwa, noma ukulamba, sishayelwa amandla asikwazi ukuqonda indlela yokubhekana nokudla ngendlela engavamile. Lapho ukudla ngokungalawuleki njengokugula sekusibambile, amandla okufisa omuntu ngamunye awakwazi ukukuvimba. Amandla okukhetha ukudla ayahamba.

Thina kwa-OA sithole ukuthi lokhu kugula kungabanjwa-ngisho noma kungelapheki ngokuphelele-uma umuntu enesifiso sokulandela lolu hlelo olutholakale luphumelela ngamanani angaziwa ethu. Ngisho noma i-OA isebenzisa uhlelo oluthile ngokwesifiso sakhe siqu ukuze ayeke imikhuba yokudla ngokungalawuleki kanye nesifiso sokuthatha izinyathelo ezisikiselwe kulolu hlelo. Uhlelo lokululama lwe-OA luyisinyathelo esisodwa.

### **Ngingabona kanjani uma ngingumunto onenkinga yokudla kakhulu ngokungalawuleki?**

Uwena kuphela ozonquma.

Abanengi bethu baye batshelwa abomndeni, abangane, kanye nobazempilo ukuthi esikudingayo nje ukuzithiba kancane kanye nesifiso sethu sokwehlisa umzimba kanye nokudla ngokuvamile. Ukukholelwa lokhu, sihlangebazane nezikhathi zokukhungatheka zohlobo lokudla kanye nokwehlisa umzimba, kodwa esikuthlile ukukhuluphala okwengeziwe. Ekugcineni siphendukele kwa-OA ngenxa yokuthi sizwa sengathi sishaywe imikhuba yethu yokudla, ngakho



besesikulungele ukuzama noma ikuphi ukuze siphunyuke emikhubeni yethu yokudla esiphazamisayo.

Abanye abehlise imizimba kancane, ngish nalabo abanomzimba osesilinganisweni noma abaneminyaka nje embalwa bebanjwe ukudla ngokungalawuleki, baphendukele kwa-OA. Sithole okwanele ngokudla ngokungalawuleki ukuthi kuyisifo esiqhubekayo.

Kwa-OA, abantu abadla kakhulu ngokungalawuleki bachazwa njengabantu abamikhuba yabo ibangele izinkinga ezikhulayo neziqhubekayo ezimpilweni zabo. Yilabo kuphela abahilelekile abangasho ukuthi ukudla kwabo sekube inkinga engalawuleki yini.

### **Ngihluleke kuzo zonke izindlela zokudla. Abakwa-OA bangakuvimbela kanjani lokhu “kwehluleka”?**

Akekho owehlulekayo kwa-OA. Kuphela nje uma umuntu esafisa ukusebenzisa uhlelo lwakwa-OA, ukwelulama kungenzeka.

“Ukwehluleka” ukuyeka ukudla ngokungalawuleki akudingeki kwenzeka kwa-OA, kodwa abanye bethu babhekane nakho. Ngisho noma ukuwa kungenzeka ngezinye izikhathi, kungaholela ekudleni kakhulu ngisho nasekukhuluphaleni. Ngisho noma ukuwa kwenzeka, amalungu akhuthazwa ukuba asebenzise lonke usizo olutholakala kwa-OA.

Thina esesidlulile kulezo zikhathi sithola ukuthi ukwehluleka ngezinye izikhathi kubangelwa izimo ezithile. Kungenzeka ukuthi sesikhohliwe ukuthi sake saba abadla ngokungalawuleki futhi sesiyazethemba. Noma singakhetha ukuphazanyiswa ibhizinisi noma izindaba zomuntu siqu ukuze sikhumbule ukubaluleka kokuyeka ukudla kakhulu ngokungalawuleki. Noma singazivumela ukuba sikhathale, sikele phansi amandla ethu engqondo kanye nawomzwelo. Ngisho noma iyini imbangela, ikhambi litholakala ngokusebenzisa Izinyathelo Eziyishumi Nambili zohlelo lwethu lokululama lwaka-Overeaters Anonymous.

### **Ingabe i-OA iyasiza uma unomkhuba wokudla kakhulu bese uyazila noma umuntu ozincisha ukudla?**

Yebo. Bonke abanenkinga yokudla ngokungalawuleki bayamukelwa othandweni nasekubeni amalungu esikanye nawo. Abakwa-Overeaters Anonymous isekela imizamo yomuntu ngamunye yokululama futhi yamukela noma iliphi ilungu elinesifiso sokuyeka ukudla ngokungalawuleki. Uma othile ebuza mayelana nezindaba zokwelashwa, abakwa-OA njalo batusa ukuthi bafune amacebiso ochwepheshe.

### **Ingabe abantu abadla kakhulu ngokungalawuleki bangakuyeka lokho ngesifiso nje sokuyeka ukudla kakhulu?**

Ngaphambi kokuguqukela kwa-QA, abanengi bethu bake bazama ngawo wonke amandla abao ukulawula indlela abadla ngayo bese beshintsha imikhuba yokudla kwabo. Ngokuvamile sizame zonke izindlela: izinhlelo zokudla eziningi, amaphilisi oqeda ilukuluku lokufuna ukudla, iphilisi lokuchamisa, noma imijovo noma ezinye izinhlobo. Kwezinye izimo, siye sazama izinhlobo zokudla “ezikhangayo”: ukudla kuphela ngezikhathi zokudla, ukunciphisa isikali sokudla sibe

uhhafu, ukungaphinde udle ukudla kwangemva kwesidlo, ukudla yonke into kodwa hhayi oswidi, ukungadli esithe, ukusebenzisa imali ngokunganaki kuphela ngezimpela sonto, ukungakudli ukudla kwasekuseni, ukungadli umile. . . lolu hlu lungaqhubeka njalo njalo.

Ngempela, isikhathi ngasinye sizama okuthile okusha, senze isethembiso esifanayo “sokunamathela ohlelweni lwethu lokudla manje futhi singaluyeki futhi.” Lapho singasakwazi ukugcina khona lezi zethembiso, kuvamile ukuthi sizizwe sinecala noma sizisola. Ngenxa yalokhu okuhlangenwe nakho, abaningi bethu ekugcineni sebevumile ukuthi abanawo amandla okwenza ukuze bashintshe imikhuba yabo yokudla.

Lapho siza kwa-OA, sivumile ukuthi asinawo amandla ngaphezu kokudla. Uma amandla ethu okwenza engasebenzanga, kulandele ukuthi sidinga amandla angaphezu kwawethu ukuze asisize silulame.

### **Kusho ukuthini ukuthi “amandla angaphezu kwawethu”?**

Ngaphambi kokuza kwa-OA, abaningi bethu besebebonile kakade ukuthi abakwaziukulawula indlela abadla ngayo. Ukudla sekube namandla angaphezu kwawethu. Phakathi kokunye, entuthukweni yethu yokudla, kuqale ukuba namandla ngaphezu kwempilo yethu. Ngokuyinhloko, sesibe izigqila zokudla ngokungalawuleki.

Okuhlangenwe nakho esikuthole kwa-OA kusifundise ukuthi ukuze sifinyelele umgomo wethu wokuyeka ukudla ngokungalawuleki futhi silulame, kudingeka samukele futhi sincike kwamanye amandla esiwabheka njengawangaphezu kwawethu. Abanye bethu babheka iqembu lethu noma i-OA ngokwayo njengamandla angaphezulu kwawethu. Abanye bathu bamukela umbono kaNkulunkulu, njengoba njengabantu ngabanye simazi futhi simlingisa uNkulunkulu. Ngaphezu kwalokho sikhethe ukuthi ukulingisa amandla angaphezu kwawethu kulungile. Ayikho imibono elungile nengalungile. Okubalulekile ekululameni kwethu ekudleni ngokungalawuleki ukuthi sithola futhi sithuthukise ubudlelwane nalawo mandla. Uhlelo lwe-OA lugxile futhi injongo yalo ukusisiza sikwenze lokhu.

### **Ingabe i-OA iwuhlelo lwenkolo?**

Cha. I-OA ayilona uhlelo lwenkolo, njengoba izimfuneko zokuba ilunga zingakhethi nkolo nazinkolelo. Phakathi kwamalungu e-OA kuabantu bezinkolo eziningi kanye namasiko ahlukahlukene okuhlanganisa abangakholelwa kunkulunkulu kanye nabathi ayikho into okuthiwa uNkulunkulu.

Uhlelo lokululama lakwa-OA lusekelwe ekwamukeleni izinzuzo ezithile ezingokomoya. Sikhululekile ukuchaza lezi zinzuzo njengoba sicabanga kahle ngazo, noma singacabangi ngazo ngokuphelele uma sifisa ukwenza kanjalo.

Lapho siza okokuqala kwa-OA, abaningi bethu bebenizikhala eziningi mayelana nokwamukela imibono yamandla ongaphezu kwawethu. Okuhlangenwe nakho kwaka-OA kubonisa ukuthi labo abakhetha ukuba nombono obanzi ngalendaba futhi baqhubeke beza emihlanganweni yakwa-OA angeke bakuthole kunzima ukuthola amakhambi abo siqu endabeni efana naleyo yomuntu siqu.

### **Ingabe ngingakwazi ukuyeka ukudla kakhulu ngingedwa ngokufunda nje izincwadi zakwa-OA?**

Uhlelo lwaka-OA lusebenza kanconp ngabantu ababonayo futhi bamukele ukuthi luwuhlelo oluhilela abanye abantu.

Ukuhambela imihlangano yakhwa-OA nokuzihlanganisa nabanye abake babhekana nesimo esifana nesethu kuletha ithemba kanuye nokuphaphama. Ngenxa yokuthi asihlulelwa noma sigconwe, singabelana ngokuhlangenwe nakho kwethu kwesikhathi esidlule, silethe izinkinga kanye namathemba esikhathi esizayo kulabo abasiqondayo futhi abasisekelayo. Ukusebenzisana nabanye abantu abadla kakhulu ngokungalawuleki, asisazizwa sisodwa noma singaqondwa. Esikhundleni salokho, sizizwa sibalulekile futhi samukelwe ekugcineni.

Amalungu e-OA abazimo zabo zokuphila noma izinkinga zempilo zibavimbela ukuthi beze emihlanganweni yethu yobuso nobuso bangahlanganyela kuyo nge-inthanethi noma ngocingo. Sithole nokuthi ukufunda izincwadi zakwa-OA kanye nokuxoxa namanye amalungu kuyasiza ukuthi siyeke ukudla ngokungalawuleki.

### **Iziphi izimfuneko zokuba ilungu lakwa-OA?**

Isiko Mpilo Lwesithathu Lakwa-OA luthi, “okuwukuphela kwemfuneko yokuba ilungu lakwa-OA isifiso sokuyeka ukudla ngokungalawuleki.” Akukho okunye okucelwayo noma kufunwe ngenkani ngale kwalokho. Ukwamukela kanye nokusebenzisa uhlelo lokululama lakwa-OA kuncike konke kumuntu ngamunye.

### **Kubiza malini ukuba ilungu lakwa-OA?**

Azikhona izibophezelo ezingokwezimali zanoma iluphi uhlobo ezihlobene nokuba ilungu lakwa-OA. Uhlelo lwethu lokululama luyatholakala kubo bonke abanesifiso sokuyeka ukudla ngokungalawuleki, ngaphandle kwezimo zomuntu ngamunye ezingokwezimali.

### **I-OA izisekela kanjani yona ngokwayo?**

I-OA izisekela yona ngokwayo ngeminikelo yokuba ilungu kanye nangezincwadi zayo ezidayisayo. Ayikho eminye iminikelo yangaphandle eyamukelwayo. Amaningi amaqembu asendaweni “adlulisa ibhokisi lomnikelo” emihlanganweni yalo ukuze akwazi ukuhlangabezana nezindleko zokuqasha indawo, izincwadi, kanye nezindleko zemihlangano, futhi kusekelwe i-OA isiyonke. Imihlangano igcina imali ethile eyanele ukuze ihlangabezane nezindleko zayo siqu futhi ithumele ingxenye esele ethimbeni elikhulu noma kuyibhodi lezinkonzo, ihhovisi layo lesifunda, kanye neHhovisi Lenkonzo Lomhlaba Wonke. Izimali zazo zonke izinsiza zamabhosi akwa-OA zoncike kuleminikelo eyenziwa njalo emihlanganweni.

### **Ubani olawula i-OA?**

I-OA ihlke kakhulu kulokho ayinabo ubuholi obuphezulu kanye nobusezingeni noma inhlangano ebhalisiwe. Ayinazo izikhulu noma abaphathi abaphezulu abanamandla noma igunya ngaphezu kwamaLungu noma ilungu ngalinye.

Ngisho nasezinhlanganweni eziningi ezingabhalisiwe, noma kunjalo, imisebenzi ethile kudingeka

yenziwe. Ngokwesiboneo, emihlanganweni yasendaweni othile kumelwe ahlele indawo yemihlangano, agcine izimali zethimba, aqiniseke ukuthi izincwadi ezanele zakwa-OA ziyatholakala, ahlale exhumana nezikhungo zasendaweni, zesifunda, kanye nezohlaba wonke. Esigabeni somhlaba wonke, abantu kumelwe babe nomthwalo wemfanelo wokunakekela ukusebenza ngokushelala kweHhovisi Lenkonzo Lomhlaba Wonke.

Konke lokhu kusho ukuthi i-OA endaweni, esifundeni, kanye nasesigabeni sikazwe lonke badinga abantu abazibophezele ukwenza imisebenzi ethile. Kubalulekile ukuqonda ukuthi laba bantu bnza izinsiza kuphela. Abathetheli muntu izingqumo futhi abanikezi muntu sahluleloesithina amanye amaqembu noma i-OA isiyonke. Umuntu owamukela le mithwalo yemfanelo bancike kakhulu kulabo ababakhonzayo, futhi imisebenzi yenkonzo iyashintshashintsha isikhathi nesikhathi kuwo wonke amalungu.

### **Luyini uhlelo lokululama lweZinyathelo Eziyishume Nambili?**

Izinyathelo Eziyishumi Nambili ziwumgogodla wohlelo lakwa-OA lokululama. Zihlinzeka ngendlela entsha yokuphila evumela abadla kakhulu ngokungalawuleki ukuba baphile ngaphandle kokuthi bafune ukuhlale badla. Lezi Zinyatheelo ziwukusikisela nje kuphela, okusekelwe kokuhlangenwe nakho kokululama kwamalungu akwa-OA. Amalungu enza umzamo oqotho wokulandela lezi Zinyathelo futhi bazisebenzise ekuphileni kwansuku zonke bahamba ibanga elide kakhulu kunamalungu ezayo emihlanganweni kodwa engahileleki ngokugcwele ngokomzwelo nangokomoya ekwenzeni lezi Zinyathelo.

Imibono evezwe kulezi Zinyathelo Eziyishumi Nambili, ezisuselwa kuyi-Alcoholics Anonymous, ivera okuhlangenwe nakho kwangaphakathi okusebenzayo kanye nokungasentshenziswa ngokoqobo, ngokomzwelo, kanye nangokomoya okuqoshwe ongqondongqondo kuo yonke leminyaka edlule. Ukubaluleka kwayo okukhulu kuncike eqinisweni lokuthi kuyasebenza! Kuvumela abantu abadla ngokungalawuleki ukuba bahole ekuphileni ukuphila okujabulisayo, nokunezithelo. Kumelela isisekelo salokho okwenziwe i-OA.

### **Kusho ukuthini “ukubuyisela amandla okucabanga” okusentshenziswe eZinyathelweni Eziyishumi Nambili?**

Amagama athi ukubuyisela amandla okucabanga asuselwa egameni lesiLatin elithi “sanus,” okusho “ukuba nengqondo, impilo.” Amagama athi ukubuyisela amandla okucabanga njengoba esentshenziswe ezincwadini zakwa-OA asho “ukuba nengqondo noma ukucabanga kanye nokwenza ngendlela evamile.”

Abaningi bethu bakwamukela ukwenza ngendlela engavamile, okuhlanganisa nemizamo yethu yokulawula ukudla kanye nezinye izici zokuphila kwethu. Umuntu ocabanga ngendlela enhle angeke ngokuphindaphindiwe enze izenzo ezimphazamisayo noma ezingafanele. Umuntu ocabanga ngendlela enhle angeke ngokuphindaphindiwe athathe isinyathelo esingamsebenzelanga ngaphambili bese elindela imiphumela ehluke. Amagama athi ukubuyisela amandla okucabanga aentshenziswe eZinyathelweni Eziyishumi Nambili awasikiseli ukuthi abantu abadla ngokungalawuleki baphazamisekile engqondweni, kodwa ukuthi zikuphi izenzo zethu kanye nemizwa uma kuziwa ezindabeni zokudla kanye nezinye izici zokuphila

kwethu, ukubuyisela amandla okucabanga engeke kubikwe. Ngokuguqukela kwa-OA kanye nangokubonisa isifiso sokubuyela emikhubeni evamile, sithatha isinyathelo ekubuyiseleni amandla okucabanga.

### **Ayini Amasiko Ayishumi Nambili?**

Amasiko Ayishumi Nambili ayilokho Izinyathelo Eziyishumi Nambili eziyikho kumuntu ngamunye. Amasiko Ayishumi Nambili ayilokho okwenza i-OA ibe munye ekwenzeni kwayo. Ayizimiso ezisikiselwe ukuqinisekisa ukusebenza okushelelayo, ukusinda, kanye nokukhula kwamaqembu amaningi asebenzelana nabakwa-Overeaters Anonymous.

Njengezinyathelo Eziyishumi Nambili, Amasiko Ayishumi Nambili athathelwe ngokuyinhloko kuyi-Alcoholics Anonymous. Lawa Masiko achaza izimo zengqondo labo abangamalungu esikhathi eside ayekholelwa ukuthi abalulekile ukuze iqembu luqhubeke liphila.

Amalungu akwa-OA aqinisekisa ukuthi kunobunye ethimbeni ukuze lidlale indima ekululameni komuntu ngamunye ngokusebenzisa izimo zengqondo ezisikiselwa Amasiko Ayishumi Nambili.

### **Kungani abakwa-OA bebona kubalulekile ukukugcina “ukungaziwa”?**

Ukungaziwa ezigabeni eziningi eziyisisekelo athi asibudaluli ubuwena belungu ngalinye; isimo salo ssiqu, noma loho abakuhlanganyela nabanye emihlanganweni, kuyi-inthanethi, noma ocingweni. Lokhu kwenza i-OA ibe ndawo ephephile lapho singakwazi khona ukukhuluma ngokwethembeka kithi ngokwethu kanye nakwabanye abantu. Kusivumela ukuthi sikhipe lokho esiyikho ngaphakathi ngokukhululekile emihlanganweni kanye nasezigxoxweni futhi kuyasisiza singahlebi. Yiqiniso, thina njengabantu ngabanye sinelungelo lokudalula ubulungu bethu futhi, eqinisweni, singakwenza lokho uma sifuna ukusakaza umlayezo kwabanye abantu abandla ngokungalawuleki (ingxenye Yesinyathelo Seshumi Nambili). Asikusebenzisi ukungaziwa ukuze silinganisele ukuba nenzuzo kokuba ilungu. Ngokwesibonelo, kulungile ukusebenzisa amagama ethu aphelele phakathi kwethimba noma kanye nebhodi lenkonzo lakwa-OA. Injongo yokuzifihla ukusisiza sigxile ezimisweni kunokugxila ebuntwini bethu.

Ukungaziwa kubalulekile futhi esigabeni somphakathi emaphepheni, umsakazo, amabhayisikobho, umabonakude, kanye nezinye izinhlelo zezindaba zomphakathi. Ngokugcina amalungu ethu engaziwa kwabezindaba, sisiza ekuqinisekiseni ukuthi ukuzikhukhumeza kanye nokuzidumisa akuthikamezi ubulungu bakho bakwa-OA.

Ukuthobeka kubalulekile ukuze ugcinwe uzifihla. Ekusebenziseni lezi zimiso, ekuzinikezeni iziqu ngezisusa ezinhle, amalungu akwa-OA aqinisekisa ukuthi ubunye bakwa-Overeaters Anonymous buyaqhubeka. Njengoba Isiko Lokuqala lisho, “ukululama komuntu siqu kuncike ebunyeneni bamalungu akwa-OA,” futhi ukungaziwa kuwumgogodla wokugwema ukungabi khona kobunye.

### **Emndenini Wabadla Ngokungalawuleki**

Ukuhlanganyela ngokugcwele kuyisinqumo somuntu ngamunye.... Usizo lomndenini lungasiza umuntu odla ngokungalawuleki ozibophezele ukuba ayeke ukudla ngokungalawuleki.

## **Imithandazo Yokuvula kanye Neyokuphetha kanye Nokufundwayo**

Imihlangano eminingi yakwa-OA iqala futhi phethwe ngokukodwa kwalokhu:

### **Umthandazo wokunikezela**

Nkulunkulu, Vuselela amandla ami okucabanga kahle  
Ukuze ngamukele izinto engingeki ngikwazi ukuziguqula,  
Namandla okushintsha izinto engingakwazi ukuzishintsha,  
Kanye Nokuhlakanipha kokwenza umehluko.

### **Umthandazo Wesinyathelo Sesithathu**

Nkulunkulu, ngizunikela kuwe – ukuze wakhe kimi futhi wenze kimi njengokwentando yakho.

Ungikhulule kulolu gibe lwami, ukuze ngenze kancono intando yakho.

Susa ubunzima engibhekene nabo, ukuze ukuphumelela kwami kube ubufakazi

Kulabo engingabasiza Ngamandla Akho, Uthando, kanye Nendlela yokuphila.

Kwangathi ngingenza intando yakho njalo!<sup>1</sup>

### **Umthandazo Wesinyathelo Sesikhombisa**

Mdali wami, manje sengifisa ukuthi uthathe konke okungokwami, okuhle kanye nokubi.

Ngithandazela ukuthi manje ususe kimi bonke ubuntu obubi obumi endleleni yokuthi

ngisebenziseke kuwe kanye namalungu engikanye nawo. Ngiphe amandla, njengoba ngiphuma lapha, ukuze ngenze imiyalo yakho.

Amen<sup>2</sup>

### **Isethembiso sakwa-OA**

Ngifaka izandla zami kwezakho futhi ndawonye sizokwenza lokho ebesingeki sikwazi ukukwenza sisodwa.

Asisenawo umuzwa wokungabi nathemba,

Akusadingeki ngamunye wethu ancike emnaldeni okufisa ukwenza angaqinisekile.

Sesimunye manje, sizama ukufinyelela amandla angaphezu kwawethu.

Futhi njengoba sihlanganisa izandla, sithola uthando kanye nokuqonda-

Okungaphezu kwamaphupho ethu ayize!

## **Ukwamukelwa Kokucina**

### **SIYAKWAMUKELA EKHAYA!**

Ingabe uke waba nesifiso sokwehlisa ubukhulu bomzimba ngamaphawundi ayishumi (5kg)?

Amashumi amabili (9 kg)? Amashumi amane (18kg)? Ikhulu (45kg) noma ngaphezulu? Ingabe

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<sup>1</sup> *I-Alcoholics Anonymous*, 4<sup>th</sup> ed. (Alcoholics Anonymous World Services, Inc., © 2001) p. 63.

<sup>2</sup> *Alcoholics Anonymous*, 4<sup>th</sup> ed. (Alcoholics Anonymous World Services, Inc., © 2001) p. 76.

uke wafisa ukuthi uma ungake ukwazi ukuyeka uyohlala unjalo? Siyakwamukela kwa-OA; siyakwamukela ekhaya!

Ingabe uke wazizwa usalela emuva kuleli zwe, njengentandane engenakhaya ungenayo ngisho nendawo yakho ekufanele? Siyakwamukela kwa-OA; siyakwamukela ekhaya!

Ingabe uke wafisa sengathi umndeni wakho ungaya emsebenzini noma esikoleni ukuze uzosala ulibale ukudla? Siyakwamukela kwa-OA; siyakwamukela ekhaya!

Ingabe uke wavuka ekuseni ujabule ngenxa yokuthi ukhumbule ukuthi ukudla kwakho okuthandayo kukulindile esiqandisini noma ekhabetheni? Siyakwamukela kwa-OA; siyakwamukela ekhaya!

Ingabe uke wema esitebhisini wacabanga ukuthi kazi uhlobo lomuntu onjengawe lwenzani emhlabeni? Siyakwamukela kwa-OA; siyakwamukela ekhaya!

Ingabe uke wapheka, wathenga, noma wabhakela umndeni wakho kodwa waqede wadla yonke into uwedwa ngoba ungafuni ukuyihlanganyela nabanye? Siyakwazi kwa-OA ngoba nathi sifana nawe. Siyakwamukela kwa-OA; siyakwamukela ekhaya!

Ingabe uke wafisa ukucasha endlini, ungayi emsebenzini, ungagezile futhi ungagqokile, ungangoni muntu noma ungavumeli muntu akubone? Siyakwamukela kwa-OA; siyakwamukela ekhaya!

Ingabe kunokudla okufihle ngaphansi kombhede, ngaphansi komqamelo, elayini, endlini yangasese, emgqonyeni kadoti, ekhabetheni, kubhasikidi wezingubo, ekhabetheni lezingubo zokugqoka, noma emotweni ukuze uzokudla kungekho muntu okubonayo? Siyakwamukela kwa-OA; siyakwamukela ekhaya!

Ingabe uke wathukuthela, ucanukile, unqabile-kukulunkulu, umlingani wakho, udokotela, umama, ubaba, abangane, izingane zakho, umuntu odayisayo esitolo okubonakala kwakhe kusho lukhulu njengoba uzama ukulinganisa impahla-ngenxa yokuthi banomzimba omncane, ngenxa yokuthi bafuna nawe ube nomzimba omncane, ngoba waphoqeleka ukuba unciphise ukudla ukuze ubajabulise noma ubenze bathule noma ubenze bagwinye amazwi abo kanye nokubukeka kwabo? Siyakwamukela kwa-OA; siyakwamukela ekhaya!

Ingabe uke wakhiphela imizwa yakho ebusuku ebumnyameni ngenxa yokuthi akekho okuthandayo noma okuqondayo? Siyakwamukela kwa-OA; siyakwamukela ekhaya!

Ingabe uke wacabanga ukuthi uNkulunkulu (uma kuwukuthi ukhona uNkulunkulu) wenza iphutha elikhulu ngokukudala? Ingabe uyabona ukuthi lapha kulapho yonke imizwa ishintshwa khona? Siyakwamukela kwa-OA; siyakwamukela ekhaya!



Ingabe uke wafisa ukugibela ibhasi wahamba ngalo, ngaphandle kokubheka emuva? Noma ingabe uyakwenza? Siyakwamukela kwa-OA; siyakwamukela ekhaya!

Ingabe uke wacabanga ukuthi umhlaba uyinhlekelele, futhi ubungacabanga njengawe, umhlaba ubungaba indawo encono kakhulu? Siyakwamukela kwa-OA; siyakwamukela ekhaya!

Ingabe uke wacabanga ukuthi abantu bakwa-OA kumelwe babe abantu abakhulu ngomzimba? Ukuthi kumelwe kube ngabantu abadla ngokungalawuleki, kodwa wena unenkinga nje yomzimba futhi ungakwazi ukuwunakekela kusukela kusasa; kungaba ukudla nje okukodwa okuqala inkinga yokudla ngokungalawuleki, kodwa wena umane nje unomzimba omncane, noma omkhulu? Siyakwamukela kwa-OA; siyakwamukela ekhaya!

Ingabe uke watshela othile ongathanda uulalela ukuthi unjani, unamakhono anjani, futhi uhlakaniphe kangakanani nokuthi unamandla kangakanani-ngaso sonke isikhathi wazi ukuthi abasoze bakukholwa, ngenxa yokuthi nawe awukukholelwa? Siyakwamukela kwa-OA; siyakwamukela ekhaya!

Ingabe uke wehla emzimbeni ekugcineni wathola ukuthi usunomzimba omncane kodwa awujabulile esikhundleni sokuba nomzimba omkhulu ungajabulile? Siyakwamukela kwa-OA; siyakwamukela ekhaya!

Ingabe uke wagqoka isifihla buso noma wagqoka izifihla buso ezingamakhulu ngenxa yokuthi wawuqiniseka ukuthi uma ungabonisa uhlobo lomuntu oyilo ngempela akukho muntu oyokuthanda noma akwamukele? Siyakwamukela kwa-OA. Singakunikeza ikhaya?

Aabakwa-Overeaters Anonymous baninikeza nonke ngesipho sokwamukeleka. Kungakhathaliseki ukuthi ungubani, uvela kuphi, noma ukuthi uya kuphi, wamukelekile lapha! Kungakhathaliseki ukuthi ikuphi okwenzile noma ohlulekile ukukwenza, indlela ozizwe ngayo noma ongazizwanga ngayo, ulale kuphi noma ukuthi nobani, ukuthi ubani obumthanda nobumzonda-ungaqiniseka ngokuthi sizokwamukela. Sikwamukela unjengoba unjalo, hhayi lokho ongaba yikho uma ungazehlisa futhi uzibumbe ube uhlobo lomuntu abanye abangafisa ube yilo. Uwena kuphela onganquma ukuthi ufuna ukuba yini.

Kodwa sizokusiza usebenzele umgomo ozibekile wona, futhi uma usuphumelele, sijabula kanye nawe; uma uwa, sizokutshela ukuthi asizona izehluleki ngenxa yokuthi ngezinye izikhathi siyehluleka, futhi sizophakamisana, ngothando, futhi sime kanye nawe njengoba usukuma uhamba futhi uya lapho uphokophele khona! Angeke uphinde ukhale wedwa, ngaphandle kwalapho ukhetha ukwenza kanjalo.

Ngezinye izikhathi siyehluleka ukuba yilokho okumelwe sibe yikho, futhi ngezinye izikhathi asibi khona ukuze sikunikeze lonke usizo oludingayo kithi. Ukwamukela kuwukungapheleli kwethu nathi. Sithande nawe futhi usisize lapho siwa khona ngezinye izikhathi. Yilokho esiyikho kwa-OA-asiphelele, kodwa siyazama. Asijabuleni sonke emzamweni wethu kanye nasesiqinisekiseni sokuthi singaba nekhaya, uma silidinga.



Siyakwamukela kwa-OA; siyakwamukela ekhaya!

## **Eminye Imithombo Yezincwadi**

*Leli bhukwana lithuthukiswe izingcaphuno zezincwadi ezilandelayo zakwa-OA:*

*Uhlelo Lokudla (#145)*

*Izimpawu Eziningi, Ikhambi Elilodwa (#106)*

*Imibuzo kanye Nezimpendulo (#170)*

*Ukunambitha kwaLifeline (#970)*

*Amathuluzi Okululama (#160)*

*Emndenini Wabadla Ngokungawuleki (#240)*

*Kulabo Abasanda Kufika (#270)*

*Ezinye izincwadi zokwenezela ziyatholakala ukuze uzidawunilode kanye/noma uzithenge ku [aa.org](http://aa.org) naku [bookstore.aa.org](http://bookstore.aa.org).*

## **Ukuphawula**

Iziqondiso nezinhlelo ezikule ncwadi zihloselwe ukusentshenziswa amalungu angabantu abadala kuphela. Kumelwe uthintane nochwepheshe wakho wezempilo ngaphambi kokuba nengxenywe kunoma iluphi uhlelo lokudla. Ukwazisa okukulezi zinhlelo kumelwe kusentshenziselwe ukudla kuphela hhayi esikhundleni seseluleko sezempilo esisisebenzisayo, futhi lezi zinhlelo ozihloselwe ukungena esikhundleni sezindlela zokudla zezokwelapha. Izinhlelo zokudla ezivezwe lapha zihlolwe futhi zagunyazwa inkampani yezinhlelo zokudla yase-United States. Abakwa-OA abasikiseli noma basekele noma iziphi izinhlelo zokudla ezithithile. Sicela usebenzise ukwahlulela kwakho mayelana nokudla okungakuphathi kahle nokungabezezeleleki. Uma unokungabaza ngalezi zinhlelo, kumelwe uxhumane nochwepheshe wakho wezokwelashwa.

## **AMASIKO AYISHUMI NAMBILI AKWA-OVEREATERS ANONYMOUS**

1. Inhlalakahle yethu kumelwe ize kuqala; ukululama komuntu ngamunye kuncike ebunyeni be-OA.
2. Inhloso yamaqembu ethu kunegunya elilodwa elilinganiselwe-uNkulunkulu onothando njengoba eyozibonakalisa Yena ekuthuthukeni kwethimba. Abaholi bethu bayizinceku ezithenjwayo, abasibusi.
3. Okuwukuphela kwemfuneko yokuba ilungu isifiso sokuyeka ukudla ngokungawuleki.
4. Iqembu ngalinye kumelwe lizimele ngaphandle kwezindaba ezithinta amanye amaqembu noma i-OA isiyonke.
5. Iqembu ngalinye linenhloso eyodwa-ukudlulisa umlayezo kwabanye abantu abadla kakhulu ngokungawuleki abasaseningeni.
6. Amaqembu akwa-OA awafuni kusekelwa, ngokwezimali, noma afake igama le-OA ezakhiweni azisebenzisayo noma ngaphandle kwezitolo, bafune izinkinga zezimali,

- indawo, kanye nobunzima bubaphazamise inhloso yabo eyinhloko.
7. Wonke amaqembu akwa-OA kumelwe azisekele ngokugcwele, enqabe iminikelo evela ngaphandle.
  8. I-Overeaters Anonymous kumelwe ihlale njalo ingebona ochwepheshe, kodwa izikhungo zezinkonzo kumelwe ziqashe abasebenzi abakhethekile.
  9. i-OA, njengoba kunjalo, ayikaze ibe inhlango; kodwa singawakha amabhodi ezinkonzo namakomiti azobhekelela ngokuqondile labo esibakhonzayo.
  10. I-Overeaters Anonymous ayinawo umbono ngezindaba zangaphandle; esikhundleni salokho igama le-OA akumelwwe likhishelwe ngaphandle emphakathini.
  11. Inqubomgomo yethu yezindaba zangaphandle uncike ekuheheni kunokukhangisa; sidinga ukuhlala njalo sigcina ukungaziwa esigabeni sabamaphephandaba, umsakazo, amabhayisikobho, umabonakude, kanye nezinye izinhlelo zezindaba zomphakathi.
  12. Ukungaziwa kuyisisekelo esiyinhloko salawa Masiko, okusikhumbuza njalo ukuthi kumelwe sibeke izimiso ngaphezu kobuntu.

Imvume yokusebenzisa Amasiko Ayishumi Nambili e-Alcoholics Anonymous ukuze ujwayelane nayo ehlinzekwe i-AA World Services, Inc.

Ungayithola kanjani i-OA

Vakashela ingosi ye OA ku [www.oa.org](http://www.oa.org),

noma thintana neHhovisi Lenkonzo Lomhlaba Wonke ku 1-505-891-2664.

Izincwadi eziningi eziphethe amagama namakheli abantu zihlanganisa uhlu lwasekhaya lwe-Overeaters Anonymous.

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OA Board-Approved.

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Wonke amalungelo agodliwe

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