

June 2014

The Principles of the 12 Steps

Step 12 – Service

The Twelfth Step Within Committee has been taking this year to focus on the principles of the Twelve Steps. Our book *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* tells us what these principles are, **honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness** and **service**. This month we will focus on the principle of Step 12 –**service**.

Step 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.

*"The principle of **service** which underlies OA's twelfth step can now guide our actions both inside and outside the program. Here we experience the great truth that when we let go of our need to control people and simply allow our Higher Power to serve others through us, we receive an abundance of joy and strength."*