

A Journey through the OA Twelve Steps –
reading and a writing prompts developed by the TSW Committee using our daily
reader: Voices of Recovery

September 2024

Dear OA Members,

*The Twelfth Step Within Committee has created a journey through the 12 Steps using our daily reader: **Voices of Recovery**. Each month the reading passage will focus on one of the 12 Steps. There will be a recommended reading and a writing prompt. You can read, write, and share with OA members, your sponsor, or email your response to:*

nhitwelfthstepwithin@oanewhampshire.org. We hope that these passages will inspire and strengthen your recovery.

Fondly, The Twelfth Step Within Committee

Step 1:

Voices of Recovery, Read page 10, January 10th

How willing am I to admit my powerlessness over food? Am I really admitting my powerlessness over food when I keep trying to control everyone and everything around me? On a daily basis, do I pray for the willingness and the ability to be abstinent on all three levels: physical, emotional and spiritual? Explain how I do this - use examples.

Step 2:

Voices of Recovery, Read page 129, May 8th

Step 2 is about possibility and hope. All of nature exists and thrives according to God's plan. Am I willing to do the same and allow God to take charge of my life one day at a time? Is my spiritual condition stagnant or thriving? How do I feel about that? What action can I take today to follow God's plan?

Step 3:

Voices of Recovery, Read page 62, March 2nd

Have I truly made the "leap to believe"? What does "making a decision" mean to you? One day at a time, I need to turn everything over, in faith, to a Power greater than myself - or not! I have a choice - always! How are my foods and food behaviors positively affected by looking at them in the light of honesty, hope, and faith?

Step 4:

Voices of Recovery, Read page 355, December 20th

Contemplate how you feel better when you follow your food plan? Write a list of all the ways you feel better when you follow it.

Step 5:

Voices of Recovery, Read page 212, July 30th

Listening is a gift of our program and our sponsors. To be able to listen is a skill that can be practiced. Awareness is the first step and then thinking about what I could do to become a better listener can be the action.

Next meeting try keeping a tally of how many times attention and listening strays. Afterwards think about your ideas about being a better listener. Keep practicing and see if your listening skills improve.

Step 6:

Voices of Recovery, Read page 151, May 30th

Choose 1-3 defects of character. What are the rewards in practicing this defect? What are the costs of this defect to you? What is your truth?

Step 7:

Voices of Recovery, Read page 192, July 10th

How does my inability to remove my character defects result in cooperation with God's power to transform them?

Step 8:

Voices of Recovery, Read page 214, August 1st

How does a "Spirit of Forgiveness" toward others aid us in recognizing our own need for forgiveness?

Step 9:

Voices of Recovery, Read page 245, September 1st

Making amends means changing the behavior that created the harm. How is making amends an outcome of Step Seven? (Humbly asked God to remove our shortcomings)

Step 10:

Voices of Recovery, Read page 149, May 28th

In practicing Step 10, one way we review our day is by asking "***where in my day could I have been more honest, willing, self-disciplined, and loving?***" Review your conduct from a recent day, and list where you may have come up short in answering these questions.

Step 11:

Voices of Recovery, Read pages 136 and 335, May 15th and November 30th

In practicing Step 11, we are 'improving' our conscious contact with a Higher Power. These two pages mention simple prayers we can use to start or continue that contact. List some simple prayers that work for you.

Step 12:

Voices of Recovery, Read page 352, December 17th

One part of working Step 12 is trying to carry the message to other compulsive overeaters. Write about a time when you passed along the message of hope to a newcomer or received the message when you were a newcomer.