



What I heard at the 12th Step Within Day December, 2011
held at Rahway Hospital

- ❖ When you are part of the meeting you will keep coming back even if you don't want to.
- ❖ The Big Book has all the directions.
- ❖ Listen to the directions – again and again especially how it works and into action sections of the Big Book.
- ❖ Use slogans as a tool.
- ❖ OA is my life – a way of life. She doesn't think about how much time she gives, it is irrelevant. Relapse makes it easy for you to step away from program. Relapse is terrifying and embarrassing but there is a way out.
- ❖ Not perfection but perseverance.
- ❖ Keep being honest and everything else will take care of itself.
- ❖ There is no magic for the willingness; just keep praying for it, keep calling, willingness is the key.
- ❖ Daily reprieve – sometimes one hour at a time.
- ❖ Steps 8 and 9 are all about relationships.
- ❖ Did not know how to live – we have a life problem.
- ❖ It's not easy.
- ❖ Once an eating disorder; always an eating disorder; mistakenly thought that although abstinent you are now in control of the disease – NOT!
- ❖ Self-knowledge does not cure this disease, being happy, happy relationship/marriage doesn't cure this disease the key was admitting powerlessness.
- ❖ Must look at your spiritual state.
- ❖ We all have the same one day at a time.
- ❖ Important to have a sponsor.
- ❖ Step 1 reads WE admitted not "me" others have tried doing this alone and it doesn't work.
- ❖ Our disease is a smoldering fire that you have to put water on every day.
- ❖ If you are in the rooms you have a fighting chance.
- ❖ Thoughts are only that; thoughts it's what you do with them that matters.
- ❖ Know your opponent that opponent is your disease and it carries fear, shame, negativity and you have to outrun it.
- ❖ You are a lifer, get over it and enjoy the company!
- ❖ Even if you are abstinent you are vulnerable. It's always there and you can control your actions not the thoughts.
- ❖ Everyday steps 10, 11 and 12 and meetings and relapse won't be possible.
- ❖ Food is *not* your friend nor is it your higher power.
- ❖ Recovery is a living process.
- ❖ God wants you to recover; putting down the food is evidence of a higher power.