

OA SLOGANS

A candle loses nothing by lighting another candle

A closed mouth gathers no feet

A day has a hundred pockets when one has much to put in them

A dependency is a dependency

A half-truth is a whole lie

A merry heart doeth good like a medicine

A perfect gift asks nothing in return

A phone call to another member in time of difficulty is not an imposition but rather another link in the chain of mutual support

A problem shared is a problem half solved

A program of tools, not rules

Abstinence enables me to carry out my daily plans

Abstinence feeds the soul; compulsive overeating feeds the illness

Abstinence is not a temporary cure; it is a permanent method of control

Abstinence is not easy, but it's easier than compulsive overeating

Abstinence, without exception, is the most important thing in my life

Accept, don't expect

Accept the addiction, change the behavior

Acceptance does not necessarily mean approval

Acceptance of our disease keeps us in the world of reality, not fantasy

Act as if

All that we send into the lives of others comes back into our own

All we are expected to do is the best we can with what we've got, where we are

All we have is now

Almost everyone who affects me badly blesses me also in another way

Always one bite away from a binge

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Amending is a mending

Anger is, rage need not be

Are you looking through diseased eyes or program eyes?

As a person thinketh in her heart, so she is – THINK THIN & HEALTHY

As I think, so I am

As long as we remember we are sick, we can continue to recover daily

At the meetings, listen as if you're dying

Attend not, abstain not

Avoiding binge foods – a small price to pay for freedom

AWOL – A Way of Life

Bad is bad, even when it's better than nothing

Be at war with your vices and at peace with your neighbors

Be never sparing in caring or sharing

Be yourself

Before one goes to speak one's mind, ask first, "Is it honest, second, is it kind?"

Being filled with gratitude is better than being filled with food

Better to waste a small amount of food than break your abstinence

Blessed are those who hunger for the right things

Bring the body and the mind will follow

Broken dreams and all, it is still a beautiful world – strive to be happy

By losing ourselves, we find us

Can I give up my dreams of a cure and settle for a solution?

Celebrate you

Chance makes siblings, heart makes friends

Change occurs as the pain of not changing gets more than the pain of changing

Change ultimately proves the changelessness of God's love

Clouds have linings, problems have endings

Coincidence – simply a small miracle in which God chooses to remain anonymous

Complacency stunts growth

Compulsive overeating – a no-fault disease

Compulsive overeating is a disease of isolation, please use the telephone

Compulsive overeating is hell

Continued abstinence brings thinner bodies and thicker skins

Courage – leaving the familiar behind

Despair is the absence of faith

Don't bother to give H.P. directions – just report for duty

Don't confuse can and can't with will and won't

Don't confuse winning a battle with winning the war

Don't should on yourself, or anyone else

Don't wait until you feel better

Each positive action we take strengthens our recovery

Easy does it

Eat only to live

Energize, don't tranquilize

Enough is a feast

Every recovery from compulsive overeating began with one abstinent meal

Everyone in this world is some kind of weakling, and if he thinks he is not, then pride is his weakness, and that is the greatest weakness of all

Excuses do not prevent consequences

Failing is not failure

Failings can be footings for recovery

Failure, an opportunity to begin

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Faith follows acceptance

Fat is only a symptom

FEAR – False Evidence Appearing Real

Fear is a breach of faith

Fear keeps me safe from risk-taking

Fear not that your life shall end, rather, fear that it never has a beginning

Feel your feelings

First I came, then I came to, then I came to believe

First surrender, then serenity

First things first

Folks are about as happy as they make up their minds to be

Forgive, forget

Freedom from bondage means freedom to live

From wholly His, to whole

Fruitful growth is slow – only weeds grow quickly

Get your mind off yourself – pray for other OA'ers

Goals set too high set me back

God, grant me the patience, RIGHT NOW

God is love

God's will is always life and healing

Guilt is a totally useless, wasted emotion

Half-hearted, I cannot be whole

HALT! Don't get too Hungry, Angry, Lonely, Tired

Happiness is a feeling I have, only when I'm abstinent

Happiness is wanting what you have, not having what you want

Have it to give away; give it away to keep it.

Having faith in the light, even when we cannot see it, makes darkness bearable

Help is as near as the telephone

Honesty is the only policy

How lucky to control a fatal disease by abstaining from one compulsive bite

Hugs are free

Humility – knowing yourself for what you really are

I accept myself as I am; I can only be myself and know that I can grow

I am God's gift to me; what I do with myself is my gift to God

I can do something for 12 hours that would appall me if I had to do it for a lifetime

I cannot mend if I bend the truth

I have to be willing to do the steps badly so I can learn to do them better

I hear and I forget; I see and I remember; I write and I understand

I must decrease and H.P. must increase

I'm not what I could be, I'm not what I would be, I'm not what I should be but by the grace of God, I'm not what I was

If people draw a circle excluding you, draw a bigger circle including them

If you can't remember your last binge, maybe you haven't had it yet

If you can't see the bright side, polish the dull side

If you don't take your inventory, someone else will

If you eat as if there is no tomorrow, there won't be

If you meet more than 3 SOB's this week, look at your Self, Old Buddy

If you slip, get up

In God's time, not mine

In H.P.'s will is our peace

In OA we may stumble, but rest assured, we are always stumbling forward

In OA, you are immediately part of a world-wide, loving, accepting family

In order for a tool to work, it must be used

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In the race to be better or best, miss not the joy of being

Inner seething makes for hunger

Insanity is calamity

Instant friendship: What? You, too? And I thought I was the only one!

Instead of eating my problems in, I now can write my problems out

Instruments shaped differently can still play beautiful music

Just about any dream grows stronger if you hold on a little longer

Keep an attitude of gratitude

KISMIF – Keep It Simple, Make it Fun

KISS – Keep It Simple, Sweetie

Know thyself, the truth sets you free

Learn from the past, plan for tomorrow, live in today

Let go and Let God

Let us not forget that the first compulsive bite opens the gates of hell

Life gives me time and space, it's up to me to fill it

Life is like an onion – you peel off a layer at a time and sometimes you cry

Life is what you make it

Life with a Higher Power is an endless hope; without it a hopeless end

Like everyone else, I'm human – part good, part not-so-good

Little by little, we recover in mind and body, and we no longer feel crushed by an uncaring fate

Live and let live

Look steadily at the ultimate, not immediate reward

Lord, show me what you had in mind when you made me, and how you want me now

Love has no calories

Love is not an investment, but a charitable contribution

Love yourself first

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Make a daily renewal of positive attitudes

Martyrdom – Martyr dumb

Maturity – taking responsibility for behavior and consequences

Maturity is knowing where to go for help

Measure your wealth not by what you have, but by what you have given

Meditation is a mind cleanser

Meditation, not medication, for peace of mind

Mental health is in direct proportion to the ability to laugh at oneself

Most misfortunes are easier to endure than the fear of the (ones that) never came

My will, H.P.'s power

My worst day now is infinitely better than my best day previously

News flash: the initial hunger pang is not fatal

Not cure, only control

No one has universal approval

No pain, no brain

No pain, no gain

No problem is so great that a bit of something can't make it worse

No risk, no growth

No thank you, a very useful tool

No troubles exist that time cannot mend, but to get quick relief, just confide in a friend – you always have a friend in OA

Not part-God, but part of God

Not to move according to the direction of H.P. is to fall back and stagnate

Nothing from the outside can bring us happiness if we are at war within

Nothing is worth activating our disease

Nothing tastes as good as abstinence feels

8

OA is the easier, softer way

Obesity – the penalty for exceeding the feed limit

Obesity or Abstinence

Obnoxious equal sick

On a diet, seconds count

One amend at a time

One bite is too many, a thousand not enough

One day at a time

One meal at a time

One problem at a time

One task at a time

One worry at a time

Only open minds can be healed

Our fellowship is our recovery, and together we grow

Our happiness does not depend on someone else, only on ourselves

Our own sanity – the best gift to others

Our primary purpose is to carry the message

Over and over, again and again, no matter what, **KEEP COMING BACK – IT WORKS!**

Patiently waiting until we clearly see His will keeps us from getting lost in the darkness of self-will

Peace is the tranquility of order

People never failed to be amazed by common sense

Plan plans, not results

Power through powerlessness

Prayer, however simple, nourishes the soul

Pretending all is well when it's not cuts us off from the help to overcome

Pride goeth before a slip

Pride halts progress

Principles before personalities

Procrastination is the thief of life

Progress, not perfection

Put God first in your life, and everything else will fall into place

Reach, don't preach

Recovery is a process, not an event

Recovery is when you start living the solution instead of the problem

Remember during heavy moments – your heart was once heavier still

Remember ours is a three-fold illness

Replace old habits with new ones

Resentment inside out is guilt

Resentment is the number one offender

Resentments are rubbish – haul them away

Resentments cause violent illness in non-violent people

Scratch a fat person and you'll find a neurotic

Self-will minus self equals will

Serenity – the pot of gold at the end of the 12 step rainbow

Service puts a smile on your lips and a thinness on your hips

Seven (7) days without prayer and meditation makes one weak

Share prayer

Share to your level

Short-term relief produces long-range defeat

Sliver, slice, slab, slob

Some grow up and spread joy and happiness; others just grow up and spread

Sorrow looks behind, worry looks around, hope looks ahead, faith looks up

10

Spiritual food is required to satisfy spiritual hunger

Stay 12 steps ahead of the next binge

Step by step, day by day

Step by step, from bondage to abundant life

Stinkin' thinkin' makes for weaker seekers

Strength through adversity

Strive for adequacy

Success is the sum of small efforts

Tact – honest selectivity

Take heart, the darker the night, the nearer the dawn

Take what you need, leave the rest

Taking stock of myself is buying stock in my future

Taste not, want not

The 12 steps, responsible action rather than irresponsible rationalization

The best reward is continued abstinence

The best way to get something finished is to start it

The deeper inside yourself you go, the closer you can get to others

The depth of our anxiety measures our distance from God

The force of the waves is in their perseverance

The friendship vitamin, B1

The HOW of the program – Honesty, Open-mindedness, Willingness

The humble person does not have to be put in his place, he's already in it

The Lord does not help those who help themselves, and help themselves, and..

The lowest ebb is the turn of the tide

The more time I take to help someone else, the more I am helped myself

The most effective way to cope with change is to help create it

The OA program is ONE BIG AMEND broken up into 12 parts

The person who stands still saying “it can’t be done” gets passed by someone doing it

The process of getting well – a privilege & gift

The program will work if you let it

The road to heaven may, at times, feel like hell

The solution to a problem is not in its elimination, but in the learning how to live with it while it exists.
When this is learned, it ceases to be a problem.

The steps are a road, not a resting place

The time is now, today

The well is God’s, I bring the buckets

There is no cure for gluttony, but we can stop practicing it

There is no express elevator to serenity, you must take the steps

There is no measure from God’s love and yet we have it all

There is nothing sweeter than the taste of abstinence

There’s no cloud that the sun can’t pierce through

This, too, shall pass

Those who bring sunshine into the lives of others cannot keep it from themselves

Those who hold onto broken dreams often get cut by their sharp edges

Thy will, not mine

To abstain is no sacrifice – it is growth and life

To abstain is to choose life; to overeat is to choose death

To accept physical hunger with serenity is to be spiritually strong

To avoid a slip, stay out of slippery places and watch your steps

To be able to sacrifice at any moment what we are for what we could become

To climb, you let go of the rung below; to fall, you let go of the rung above

To do it, do it and you’ll feel better

12

To each his own spirituality

To err is human, to really foul things up requires a computer

To give into a temporary craving could lead to a lifetime of slavery

To judge another is the ultimate ego trip

To tranquilize ourselves with food is to impede growth

To understand all is to forgive all is to love all

Too many PLOMS can make you sick (Poor Little Ole Me's)

Try the program – if not satisfied, your misery will be completely refunded

Trying to control others makes us lose control of ourselves

Turn it over

Twelve (12) steps – God's stairway

Unconditional love – it makes no difference how bad I have ever been, or how good I will ever be, God's love for me remains blessedly the same

Use it or lose it

Use periods of strength to prepare for periods of weakness

Utilize, don't analyze

Walking into an OA meeting is like walking into a room of oldest and dearest friends – we know each other's faults and we like each other anyway

Watch your PAGGLES – Pride, Anger, Gluttony, Greed, Lust, Envy, Sloth

We are all faced with great opportunities disguised as insoluble problems

We are not so much partners in our virtues as brothers in our defects

We are on a daily reprieve contingent upon our spiritual condition

We are out of shape simply because we are out of touch with the Original

We are promised a life of sane and happy usefulness

We can only change ourselves

We can't afford to forget what it used to be like – even for one minute

We cannot outgrow this plan, thank God

WE CARE

We must come to God with all our defenses down

We only fail when we quit trying

We only fail when we trust too much in our own strength

We're as sick as our secrets

Weakness tyrannizes

What makes life worth the living, is our giving and forgiving

When abstinence remains the most important part of our life, every day is a celebration and holidays are blessings instead of disasters

When happiness is no longer our goal, we have more of it

When in doubt, leave it out

When temptation comes in through the window, God opens the door

When temptation knocks, let HP answer

When we eat right we live right

When you reach the end of your rope, you come to the beginning of H.P.'s

Where God has placed a period, don't you place a question mark

Why me? is to question God

Why quit?

Why worry when you can pray?

Willpower can be put to use as willingness, rather than willfulness

With abstinence, life is an ongoing miracle

With each step worked, there is a new sense of inner peace, and the growing sense of Presence working within us

Work the program for thirty days – all you will lose is your misery

Worms to butterflies

Worry is like a rocking chair, it's something to do but gets you nowhere

14

You are important, take care of yourself

You are not a weak-willed glutton; you are simply the victim of an illness

You can make old negative habits atrophy from disuse

You can't be thankful and resentful at the same time – so be thankful

You can't keep it unless you give it away

You cannot do a kindness too soon for you never know when it will be too late

You cannot fill an empty heart with knife and fork

You do have a choice

You wouldn't worry about what people think of you if you knew how seldom they do

Your telephone call helps the one you call as much as it helps you

Need a little HOPE?

Need a good THOUGHT?

Need a little OA INSPIRATION?

Want to "SHARE" something inspiring?

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