# The Twelve Steps of Overeaters Anonymous

1. We admitted we were powerless over food - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Hi m
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of charact er.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

10.Continued to take personal inventory and when we were wrong, promptly admitted it.

1. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
2. 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.

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**Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.**

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**Ways to Keep** & **Ways to Lose Newcomers and Returning Members**

**Zoom format**



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**I'm a Newcomer or Returning Member. (Zoom format)**

**Please:**

**I'm a Newcomer or Returning Member. (Zoom format)**

**Please Do Not:**

* Welcome me personally with compassion and empathy (remember your very first day or first day back)
* Remember my name & give me encouragement via chat
* Seek me out & talk to me via chat; ask if I have any questions
* Talk about OA as a spiritual program, not a religious program
* Share how you work the steps and tools
* Listen to me
* Provide me with a meeting list , point out which meetings you attend via email or link
* Give me a phone list & mark your name and number via link or email.
* Invite me for fellowship after the meeting via phone or email.
* Follow up with a phone call to me or text me as soon as possible after meeting me
* Explain Anonymity: Confidentiality of opinions and members’ identities.
* Preach or try to sell the Program
* Forget to include me after the meeting; do not talk first to people you know
* Give me unsolicited advice
* Share anyone's story except your own
* Discuss other programs or outside literature with me

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