

THINGS I HEARD IN OA MEETINGS

ABSTINENCE

Abstinence frees me to choose *healthy foods, healthy friends, and healthy thoughts.*

Abstinence is a *life style.*

Abstinence is a *state of grace* by which I am balanced physically, emotionally, and spiritually.

Abstinence is all **GOD** is asking of me today.

Abstinence is the **#1 action** in my life, so that **GOD** can be in the center.

Abstinence keeps me *present for life and joy.*

Abstinence makes the heart grow fonder.

Abstinence takes care of *the fat on my body.*

My *abstinence* becomes three meals a day with **"life"** in between.

Remember: **GOD** has done *abstinence* for us.

Since *abstinence*; my only "To Do List" is **life!**

The only time I have ever been satisfied is when I am **abstinent.**

To be or not to be abstinent? That is the question. **GOD** is the answer.

To keep *abstinence* alive, *I have to be constantly aware of it.*

When we are **abstinent**, we can *truly be present* for other people who are in pain.

ACRONYMS & SLOGANS

GOD = Good Orderly Direction

GOD = Group Of Drunks

GOD = Gift Of Desperation

FEAR = Fuck Everything And Run

FEAR = Face Everything And Recover

FEAR is not *fact!*

FAT HEAD = FAT THINKING

AMENDS = CHANGE

SORRY = SAME

SHIT = Special High Intensity Thinking

Full of Food vs. Full of God

Spread the ***message*** not *the mess.*

AM vs. FM Dial ? Is my dial **A**gainst **M**e or **F**or **M**e?

Let go or *get dragged.*

The **ISM** of alcoholism = **I Self Me**

The **ISM** of alcoholism = **I**nsane **S**tory **M**achine

ACT myself into ways of thinking.

Disease feeds the **disease.**

Isolation is the dark room where I develop my negatives.

Tough shit. **Don't eat!**

Together *we get better.*

ACRONYMS & SLOGANS

Head Trip = my head, thoughts, and unfinished issues that lead me to food.

Life becomes *more than food*.

Food is fuel. *It is not my lover or friend.*

Before 12 Step Recovery, I was a piece of shit that the world revolved around.

Being **right** is **not** as important as being **FREE!**

The *less* I come **to OA Meetings**, the *less* I want to come.

Don't believe everything you *think!*

Focus *less on food* and **more on people**.

How I **feel about my body** has *nothing to do with how I look*.

When the *pain of where I am*, overwhelms the fear of where I am going; then, I am **ready and willing** to grow and change is **OA**.

GOD/HIGHER POWER/SPITITUALITY

God's will is a loving thought and a loving action.

GOD is more powerful than _____!!!

Don't tell **GOD** how big your problems are, tell your problems how **big GOD** is.

GOD, if you can put the stars in the sky with the sweep of your hand; then, maybe, **You can help me with my compulsive eating**.

Wait on GOD! And, **GOD** will *bless your weight*.

I no longer serve **GOD** in an *advisory capacity*.

GOD is interested in how *I trust GOD* not in what I weigh.

GOD has great plans for us; and it is not having our heads in the toilet.

It is not in *finding GOD* or in *naming GOD*; but in *pursuing GOD*.

GOD/HIGHER POWER/SPIRITUALTY

I need a *practical* **GOD** that will come *between me and the food*.

Resentment is a *deadly hazard*.

The *alcoholic* clings to the times *when alcohol used to work*.

Coincidence is our **Higher Power** remaining anonymous.

If you *feed your faith*, doubts will starve.

OA is not *drive-through recovery*!

The *key* to the future is *forgiveness*.

OA Recovery has given me a relationship with *The Mystery of Life*!

Impression Management vs. *honesty* with **GOD**, *self and others*.

SUGAR, SUGAR AND NO MORE SUGAR !!!

SUGAR is like a grenade.

SUGAR is the vampire of the spirit.

SUGAR is like adultery; it betrays you and everyone else.

I do *not* eat paint, Styrofoam or **SUGAR**! I do *not envy* those who do.

I do *not drink alcohol* because it is *highly refined* **SUGAR**!

It is *not* fruits or carrots that brought us to **OA**!

OA RECOVERY

Compulsive eating is *an equal opportunity disease*.

In **OA**, my job is to serve other people.

Before OA, there was never enough to satisfy me; in **OA**, *abstinence* *satisfies me now*.

OA RECOVERY

Through **OA Recovery**, I experience more *days of grace*.

OA allows me to “*be*”.

In **OA**, we leave *the results* to **GOD**.

My life must *illustrate* **OA Recovery**.

Before **OA**, I had a *hole in my soul* **not a whole soul**.

Before **OA**, I was constantly engaged in the “*pursuit of never enough*”.

Being *right* is **not** as important as being **FREE!**

OA has taught me how to *keep company with my feelings* rather than **eat over them**.

My old life before **OA**, depended upon hanging onto my defects and my old survival skills.

Find the blessings in this disease through the **OA Fellowship**.

In **OA**, I am learning to take care of myself and others.

Before **OA**, I had a *head full of knowledge* and a *heart full of nothing*.

Codependency was a *sport* in my family.

I need **boundaries around food** or *I would bury myself alive with food*.

OA is a camaraderie and fellowship *among people who understand*.

OA Meetings keep us connected to *our own kind*.

FOOD kept me neutral so I would **not** feel pain or joy.

The **honesty** is *healing me*.

The *old solution* before **OA** was to *feed the voice*.

OA is **not** *drive-through recovery*.

The *less* I come to **OA Meetings**, the *less* I want to come!

OA RECOVERY

There are two times when you go to an **OA Meeting**: when you *want* to and when you do *not want* to!

When I want to *eat between meals*, then, something is going on; and *it is not hunger*.

The *mental twist* is what leads to the *first compulsive bite*.

A *queer mental condition* surrounds the *first compulsive bite*.

To *pass it on to others* plays an important role and a vital part in our own recovery.

Courage and compassion are needed when I miss the mark.

OA is the *bright spot* of our lives:

we watch loneliness vanish,

we see the fellowship grow,

we have frequent contact with newcomers,

we carry the message of hope and recovery; and

we help when no one else can!

KEEP COMING BACK ! ! !

OA needs you! WE need each other!