

Welcome to each and every one of you participating to today's event! It is an honor and privilege to share my strength, hope, and experience with each of you for I have been given much during my 45+ years of being in OA and 42+ years of abstinence.

My love for the 12 Traditions came early on when I first joined OA. What seemed like a simple set of suggestions became quite interesting, and sometimes entertaining, as OA members weighed in with their interpretations of what the Traditions meant to them. By trial and error using the Traditions in my life at the personal, group, intergroup, region, and World Service levels I quickly learned how these wonderfully simple guidelines could have an impact on my life outside of OA. Through many hours of studying the Traditions, working the Traditions, practicing the Traditions and finally learning to live the Traditions on a daily basis I have found these practical ideas are as firmly rooted in my life as are the 12 Steps.

It is my belief that the Traditions are not so much for the group as they are for the individuals who comprise the group. What the Traditions have taught me is how to be an effective, supporting member of a group, and then to other areas outside of OA. The questions presented in *The Twelve Steps and 12 Traditions of Overeaters Anonymous, Second Edition* appear to be aimed at the group. However, when the questions are put in the first person, those questions really had a great impact on me. I came to realize that when the questions at the end of each Tradition was answered in the first person it was as if I had taken another 4<sup>th</sup> Step inventory.

You are advised the information provided to you by me ***IS NOT CONFERENCE APPROVED MATERIAL***. It has not gone through the vigorous literature approval process of the World Service Business Conference. The questions are what I thought when I saw a correlation between the 12 Steps and 12 Traditions. Please do not disseminate these questions to any service body without contacting me first and asking my approval. I don't wish to cause any problems the World Service Office as these are part of my personal understanding of how the 12 Steps and 12 Traditions are interconnected.

Thank you for allowing me to be of service to you this weekend!

In loving service,

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