



Step 12

The influence I have on others by practicing the principles of the program in my everyday life is far more effective than anything I can do or say to change them

- For Today, Nov 15 entry

The joy we receive as we try to carry the message is a positive force in our lives today, sustaining us through good times and hard times, transforming us and our companions in recovery.

- Twelve Steps and Twelve Traditions, p. 102

In step twelve we confirm that we have turned our backs on the old ways forever. We are moving in a new direction of spiritual growth.

- Twelve Steps and Twelve Traditions, p. 103

Step Twelve: 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.

Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Concept Twelve: The Conference shall observe the spirit of O.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

Reflect

Why does Step 12 make it clear that we will have a *spiritual* awakening?

What was your first spiritual awareness?

What do you hope to experience when you spiritually awaken?