



When the world says, "Give up," Hope whispers, "Try it one more time."

I once thought that if I hoped for something I had to pursue it frantically. That's not the OA way. Going about my business, doing one small necessary chore at a time, and letting my Higher Power take care of the rest.

- For Today, April 15 entry

Lord, make me a channel of thy peace -- that where there is hatred, I may bring love -- that where there is wrong, I may bring the spirit of forgiveness -- that where there is discord, I may bring harmony -- that where there is error, I may bring truth -- that where there is doubt, I may bring faith -- that where there is despair, I may bring hope -- that where there are shadows, I may bring light -- that where there is sadness, I may bring joy.

- AA Twelve and Twelve, p.99f

Each day, somewhere in the world, recovery begins when one alcoholic talks with another alcoholic, sharing experience, strength, and hope.

- Big Book of AA, Foreword to Third Edition, p.xxvii

Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition Two: For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept Two: The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.



Reflect

Do you have any fears about coming to believe in something greater than yourself?

What does "we came to believe" mean to you?

What experiences have you heard other recovering compulsive overeaters share about their process of coming to believe and have you tried any of them?