

OA Closing

We who began working the steps in order to recover from compulsive eating now find that through them we have embarked on a lifelong journey of spiritual growth. From the isolation of food obsession we have emerged into a new world. Walking hand on hand with our friends and our Higher Power, we are now exploring this world, using the great spiritual principles embodied in the twelve steps as the map to guide the way. We gratefully follow in the footsteps of many others who have walked this way before us, and we're gratified to be making footprints of our own for others to follow.

“Those of us who live this program don't simply carry this message, we are the message. Each day that we live well, we are well, and we embody the joy of recovery which attracts others who want what we've found in OA. We're always happy to share our secret: the twelve steps of Overeaters Anonymous, which empower each of us to live well and be well, one day at a time.”