

WHY CARRY THE MESSAGE?

Step 12: 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 5: Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

“... for the greatest joy of recovery comes to us when we share our OA program with others.” The Twelve Steps and Twelve Traditions of Overeaters Anonymous, page 101

“Faith without works was dead, he said. And how appallingly true for the [compulsive overeater]. For if a [compulsive overeater] failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead. If he did not work, he would surely [overeat] again, and if he [overate], he would surely die. Then faith would be dead indeed. With us it is just like that.”

Big Book, pages 14-15

“One important reason we stick to our primary purpose in OA meetings is so our groups can help us practice the twelfth step. Experience has shown we cannot keep the precious gifts of our own recovery unless we give recovery away by sharing OA’s message.”

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, page 145

“Practical experience shows that nothing will so much insure immunity from [overeating] as intensive work with other [compulsive overeaters]. It works when other activities fail.” Big Book, page 89

“Helping others is the foundation stone of your recovery. A kindly act once in a while isn’t enough.” Big Book, page 97

“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.”

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, page 102

“We OA members have the ability to help our fellow compulsive overeaters in ways that no normal eater can.”

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, page 146

“I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons: 1. Sense of duty. 2. It is a pleasure. 3. Because in doing so I am paying my debt to the man who took time to pass it on to me. 4. Because every time I do it I take out a little more insurance for myself against a possible slip.”

Big Book, page 181