

The Last Two Paragraphs of Step Twelve

(From *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, 2nd edition)

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 in hand with fellow OA members 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 our 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 the 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.

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