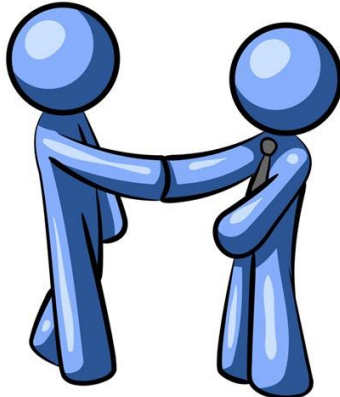


December 2022 OA TODAY NEWSLETTER

St. Louis Bi-State Intergroup of OA
P.O. Box 28882, St. Louis, MO 63123
info@stlouisoa.org, www.stlouisoa.org
Phone: 314-638-6070

Principle of Step 12: Service



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.



There's an old joke that goes sort of like this:

A downpour hit a small town, and the water began to rise. Jim, a local businessman, knelt to pray at the doors of his store as the water crept up his steps. A neighbor came up the flooded street in a canoe and yelled "Jim, get in! The water is rising fast!"

"No," said Jim. "I have faith in the Lord. God will save me."

The rain continued and the flood waters drove Jim up the stairs to a balcony. Still praying, he heard a motorboat approach, and another
(continued on page 2)

NEWCOMERS CORNER: In the Bleak Mid-Winter Is Food Kicking Your Tail?

October, November, and December are often times of crisis for persons with compulsive eating issues. So many holidays and events in these months revolve around food!

Overeaters Anonymous has a proven, workable way to recover from addictive food behaviors. Is OA right for you? Answer **OA's 15 Questions** to gain insight:

- When my emotions are intense—whether positive or negative—do I find myself reaching for food?
- Have I ever used laxatives, vomiting, diuretics, excessive exercise, diet pills, shots, or other medical interventions (including surgery) to try to control my weight?
- Do I fantasize about how much better life would be if I were a different size or weight?
- Have I ever eaten food that is burned, frozen, or spoiled; from containers in the grocery store; or out of the garbage?

For the rest of the questions and more resources, go to OA.org.



(continued from page 1)

neighbor called to him – “Jim, get in the boat now. The levee is about to break.”

Once again, Jim refused. “I’ll stay here with the store. The Lord will see me through.”

Then the levee broke, and even the balcony was not high enough to provide safety, so Jim climbed to the roof. The highway patrol arrived with a helicopter and lowered a ladder. “Climb up, Mister. We’ve got to get you out of here.”

But Jim would have none of it: “The Lord will save me.” Predictably, Jim drowned.

In the afterlife, Jim was ushered into an interview with God. “How could you let me drown?” Jim cried. “I trusted in you!”

“Jim,” said God. “What did you want? I sent you two boats and a helicopter.”

In 2010, I was sort of like Jim, unable to recognize help that was right in front of me. I had been lost in food addiction for decades, and I had arrived at a state of declining health, barely able to walk and weighing 430+ pounds.

The canoe God sent was a friend with a cocaine addiction who stole from me, then made an amends. I recognized myself in the story she told me about her addiction, but nothing changed.

Next my pastor called out to me like the neighbor in a motorboat: “You walk like you’re in pain. Is there something I can do?” I told her she could pray for me, but I didn’t expect anything to come of that, because I’d already been praying for help for years.

Finally, a doctor tried to drop a ladder to me from a helicopter. When I went for carpal tunnel surgery, the surgeon said, “Would you like to lose weight?” I said, “Of course,” and she shared a paper that she had written on the

topic, but again, nothing changed in my continuous binge eating.

Fortunately, I received one more offer of help in 2010, and that one was so unexpected that it woke me up and got me into the rooms of OA. An acquaintance made an appointment to see me in August, and I thought it was probably about something political since we’d worked together in that outside arena. Instead, she said, “I can see that you are eating yourself to death. I love you, and I don’t want you to die. I may weigh over 600 pounds, but I’d weigh over 700 pounds if it wasn’t for Overeaters Anonymous. Here’s a [newsletter](#) and a [list of meetings](#). This is the one I attend, and if you want to go, I’ll go with you.”

Like Jim, I didn’t receive a miracle in the form that I was expecting – which was to be transformed (POOF!) into a normal eater. I was shocked that my rough and ready friend would speak so tenderly to me, and at that point I was in enough pain that I had the “gift of desperation.” In October, I let her know I was going to attend a meeting, and she did indeed meet me there.

Unlike Jim, the drowned man in the joke, I received two boats, a helicopter, AND a lifeguard. My OA friend reached for my drowning body in her Step Twelve outreach and pulled me to the surface by carrying the message to me. I heard others tell stories that sounded like my problems with food at my first meetings, and that kept me coming back. You helped me believe that I could have the recovery that you have, so I found a sponsor and began to follow suggestions.


I’m still not a normal eater, but I am an abstinent compulsive overeater, living in recovery. My physical health is much improved, and so are my emotional and spiritual health. All I can say is “Thank you.” And “Keep coming back. It works when you work it, and you’re worth it.”

Anonymous



TRADITION TWELVE

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.



Long Form (the original version of the AA Tradition Twelve, as found in the Big Book): “*And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.*”

Tradition Twelve is all about spirituality. How do we come to anonymity as the spiritual foundation of all the Traditions? We undertook a personal journey, one that started with Step One, resulted in Step Twelve, which ultimately required the Traditions to help us in our Step Twelve work.

The **Big Book** was the first book that described the spiritual journey of what became a whole raft of Twelve Step fellowships. The writing of the **Big Book** required the creation of a set of instructions for recovery from alcoholism that could be used by alcoholics who did not have access to any of the individuals who formed the original group of recovered alcoholics (as they described themselves).

The theme of the Steps is clear. We cannot be in charge of anything. We have to let go of trying to be in control of anything. We have to live the best life we can live, according to what we deeply believe in, but we cannot control the world and people within that world and must let go.

The whole lesson of the Twelve Steps is that for those of us in this world who are addicts, trying to control anything will send us back to our addiction.

In the process of the journey, we have taken through the Twelve Steps we have learned that our attempts to be in charge have not only harmed us, not only harmed others, but have also at times been quite wrong. We learned that we have made many mistakes. We cannot control others, and we cannot try to be in charge of outcomes.

We have learned that we therefore cannot trust our own judgment, especially when that judgment is made without a sense of connection with our deepest beliefs. We can be committed to our own path in life, and—so long as we work Steps Ten through Twelve—we can be relatively certain that we are doing our best to live according to what we most deeply believe. That is the kind of certainty that comes through giving up control, not in asserting it.

We have learned that we had been spiritually sick, that others we had judged were also spiritually sick, and that we were no better, and no worse, than other people in this world. Some might be more spiritually sick than we are, and some less, but it is all a matter of degree and not of kind.

We have learned to be grateful for the miracle of recovery. We know that we could not have received that miracle if we had not given up control and trusted in our deepest beliefs.

This is the sum of the spiritual principle that the Long Form of Tradition Twelve addresses specifically, and that is summarized in our Tradition Twelve: Humility, gratitude, acceptance, love, tolerance, patience, pity—these are the words that must be imprinted on our brains. It is in that context that the word “anonymity” takes its meaning.

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Tradition Five is at the heart of the beginning of the study of the Traditions, and Tradition Twelve ends it.

Step Twelve requires us to carry our message of recovery through the Twelve Steps to those who still suffer. That message is this:

- We used to be addicted compulsive eaters who could not stop returning to behaviors and foods that caused us uncontrollable cravings.
- We abstained from those behaviors and foods and worked the Twelve Steps of Overeaters Anonymous.
- As THE result of those steps, we have had a spiritual awakening.
- This spiritual awakening has provided us with a power greater than ourselves.
- This power greater than ourselves has given us sanity over our compulsive eating; and
- This sanity is such that we are no longer tempted to return to what we have abstained from.

If we don't carry this message, we will lose our recovery. That is the lesson of Step Twelve. OA exists specifically—through Tradition Five—as the means by which we as a group of people who have recovered can carry their message to as many compulsive eaters who still suffer as possible.

The Traditions tell us how we can work together to carry that message and how we relate to the world outside of OA to make sure our message is clear and uncompromised.

How we can work together: Traditions One (need for unity), Two (how we reach decisions), Nine (we remain unorganized), Four (autonomy of each group), Seven (self-supporting), Eight (non-professional), and Three (OA membership), describe how our

groups are to fulfill their purpose without being organized, without any rules.

How we relate to the world outside of OA: Traditions Six (no endorsement), 10 (no opinion on outside issues), and Eleven (public relations policy), describe how we make sure our message is clear and uncompromised.

In examining all these Traditions, and applying them, we must remember the lessons we have learned from the Steps throughout our entire journey of recovery. At the heart of the spirituality of our recovery, therefore, is the sense that we cannot afford to try to be in charge of anything other than our reaction to life and our actions based on our intuitive relationship with our deepest beliefs.

So, anonymity is no more and no less than the acknowledgement that we have been given a gift through the Twelve Steps. We have humbly accepted that gift *and* the responsibilities that come with it.

Anonymous, a long-time member of OA



**Overeaters Anonymous
Celebrates 50 Years in STL in 2023**

A day-long face-to-face celebration and evening dance is planned for Saturday, March 18, 2023, at the Maryland Heights Community Center. Find details and a save the date flyer on page 12 of this newsletter. **TOGETHER WE GET BETTER!**

Self-Care During the Holidays: Getting Back to Basics

So, I said to my sponsor, I won't call and bother you on Sundays or holidays, ok?

Oh, she said, that interesting, what kind of disease do you have that it doesn't show up on those days?

Needless to say, I now make sure I'm in contact with her every day and especially during holidays and celebrations when there is a lot of food around, plenty interaction with family and all sorts of things to contend with.

I was told that holidays like Christmas and Easter are no different from any other days for me as a compulsive overeater and that my disease is doing its press-ups outside the door on any given day. But, if I work my program and rely on my Higher Power for grace, and do the footwork myself of course, I can be sure that I will stay securely in my recovery regardless of which holiday it is or how many mountains of food I have to face.

I have a physical allergy and mental obsession when it comes to food. That fact remains true every day. The answer for me is to steer clear of those foods to which I am physically allergic one day at a time, and to avoid taking that first compulsive bite no matter what. To help me, I write out a food plan for each day which I commit to a sponsor. If I'm going to a function or out somewhere and I don't know what is to be served, I will text from the function and make sure that I keep connected to program people.

My sponsor often says "Go back to basics". For me, this means being prepared to go to any lengths to stay abstinent and to remain in recovery. One way of doing this is to make sure I have my emergency parachute equipment with me at all times – but it's no use

me having it and not opening it to use and it's these things that keep me sane.

I go to meetings, and over holidays there are often extra meetings that I can go to because usually I'd be at work and not able to attend. I take strength and support from the group and hear how others are working their programs over the holidays. I commit my food plan to my sponsor, and if I'm struggling, I bookend my food. That means that I text before the meal and again after the meal to say that I am done eating – that way there is an end.

I keep in touch with my sponsees. This helps me to get out and stay out of my own head as I might be feeling a little bit sorry for myself about the things I can't have on the holiday. I read my books as there is more time for this. I write out my gratitude list. I read how others have remained in recovery over years without bingeing or starving

I write down the payoffs of being abstinent and try not to focus on the costs such as what I can't eat. I'd rather say "Thank You God" that I do have food to eat and people with whom to celebrate. There are so many other people less fortunate than me.

I also try to see what I can "bring to the party" – so to speak! Can I try and help an old person, or can I clear away the dishes without eating the leftovers? What can I do to make myself useful instead of focusing on what I am missing out on or what I can get away with.

Just like there are trigger foods, so there are trigger situations and people. My trigger people are usually around on the holidays and often that involves their using alcohol. So, I keep my cell phone on under the table (on silent) and I text program friends. If I am really battling, I go to the bathroom and try to get hold of my sponsor, my first port of call, and if she's not available I call other OA members.

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Even if I can't reach anyone - and that seldom happens, I leave a message on someone's voicemail and the compulsion seems to lift by just taking that tiny action.

I talk about how I'm feeling to program people who speak my language, which stops me from binging over feelings. I also write about how I feel – anticipating the event and working out an action plan to help me manage my way through it, guess I try always to focus on the solution to my problem.

Amazingly I no longer schlep little containers of special food around with me, and I am able to trust that my HP will have something for me on the menu that is safe for me to eat. This is a big win for me. I used to avoid functions totally or take dishes of my own special food and in so doing draw attention to myself in my early days of recovery. At that time, it was what safe for me and I had to do it.

But thank God I am now able to celebrate with people and to be part of the celebrations without people-pleasing and selling my soul by breaking my abstinence.

South Africa OA – April 2017



Celebrating Twelfth Step Within Day; That's December 12 (12/12; Get It?)

As OA's responsibility pledge states, "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

On December 12, let's all extend our hands and hearts to those within and outside the rooms still suffering from compulsive eating. Here are some ideas from one of our own Region 4 members:

- Call or text someone who's struggling and offer support and encouragement
- Share your phone number & email at meetings
- Send a text or email to a member you haven't seen for a while
- Take phone numbers of newcomers and call them
- Bring a member to a meeting who can't attend a regular one; share information about telephone and online meetings
- Who haven't you talked to in your cell phone contacts for a while? Call them
- Find out what service positions are open and sign up for one
- Offer to babysit so someone can attend a meeting
- Welcome newcomers or visitors to your meeting

Ask yourself: "What will I do on the 12th to carry the Message of Recovery?" Together We Get Better!

(Reprinted from R4Ward, 2021)



Presents and Presence: Oh My!

We're entering the holiday season that involves the joy of giving and receiving presents, lovely get-togethers with families, and attending parties with an overwhelming amount of food. I'm an introvert, so just thinking about trying to find the "perfect" gift, spending time with extended family, and attending holiday parties makes my head spin. The swirling in my head causes me to have a bad case of the "zoomies". My mind is racing about disastrous past holidays and how I need to put in more effort to make future holidays more meaningful. I wind up having absolutely no enjoyment in my present moment.

It causes me to fear that my addiction of compulsive overeating will rage out of control. Thus, a phone call to my sponsor.

The greatest present I can give myself is to be present in this moment. There is power in the present moment.

Mindfulness brings the strength and substance of reality. All I must do is live now. I just need to stay grounded in this moment. There's always going to be temptation, strong emotions that make me think about picking up food, always looking for greener grass. If I am looking for an excuse to stray, it will come to me.

In this present moment, I practice acceptance. I'm a compulsive overeater living in recovery

today. My past has brought me to where I need to be with my HP. I let go and let God. I accept what comes my way. I am not alone and no longer live in constant fear. I have a HP today who loves me immeasurably and teaches me HOW (honesty, openness, willingness) to operate in this day. Being present with my HP today is helping to shape my future.

In this present moment, I find humor looking at our beautiful Christmas tree that tilts slightly to the left and drives my husband crazy. My life may be a bubble off level, but there's so much for which to be grateful. I was able to decline the offer of a candy cane, and I wasn't triggered. My youngest son is an addict who is not in recovery. I am not his God, but I have a HP who hears my heart.

I have lots of packing to get done for an upcoming trip, but thanks to having my food written down for the day I don't have to stress about my meals. They are ready when it's time. I'm grateful for these God-given moments that bless my life.

My HP has gifted me this moment/this day, and I am beyond grateful to be present with my loving family and my supportive OA friends. I am so thankful for the desire to practice the 12 Step program to the best of my ability one day at a time.

Sue S.



Deep Dive into Spiritual Principles Of Step/Tradition Twelve

Step 12

Spiritual Principal: Service

Definition of Service:

1. The action of helping or doing work for someone.
2. A system supporting a public need such as transport, communications, or utilities -such as electricity and water. (Or in our case compulsive overeating.)

“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 the 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 by 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 have found in OA. We are 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.” **OA 12&12** (Second Edition) pages 86 & 87

Tradition 12

Spiritual principle: Spirituality

Definition of spirituality: The quality of being concerned with the human spirit or soul as opposed to material or physical things.

A teacher I appreciate says that a shift in priorities allows us to embrace our spirituality in a profound way. Spirituality involves the recognition of a feeling or sense or belief that there is something greater than myself, something more to being human than sensory experience, and that we are part of a greater whole which is cosmic or divine in nature.

“Thus, it is to promote our own recovery that we cultivate the attitude of humility implied in tradition twelve. As we continue to grow spiritually, we begin to lose our desire for prestige in OA and in other areas of our lives. It is satisfaction enough to be in recovery - fully functioning and contributing human beings. And we know we can’t take credit even for that. We share credit with our Higher Power and our fellow OA members who have supported us and taught us so much. We also accept responsibility for our actions, looking only at our faults and taking no one’s inventory but our own. **OA 12&12** (Second Edition) page 167-168.

Respectfully submitted
Anne H.



St. Mary’s Sunday Morning Meeting Time Change

Effective Dec. 4, 2022, the Sunday morning (St. Mary’s) group has adjusted its meeting time. It will now begin at 11 a.m. and end at noon instead of beginning at 10:45 a.m. The group (#06234) still meets on Zoom. (To find details for this meeting and all St. Louis Bi-State Intergroup meetings, go to [THIS PAGE](#).)

Also of interest, the group will meet (11 a.m. to noon) on both December 25, 2022, and January 1, 2023.

INTERGROUP CHAIR'S COLUMN

Your Intergroup trusted servants had another successful Annual Business Conference on November 13. The voting body passed Motions 1, 2 and 3 which reduced the Board of Trustees from six members to four. The Operations Administrator and Public Information Officer positions were eliminated, and administrative duties were redistributed to the four Board of Trustee positions remaining. Public Information and Twelfth Step Within tasks will be handled by standing committees such as Newsletter, Webpage, Convention and Retreat, and ad hoc committees which will be formed as members are inspired to give service.

Elizabeth C. was elected Vice Chairperson and Marina F. was elected Treasurer. Cyndy L was elected World Service Business Conference delegate and St. Louis Birthday Celebration Event Chairperson. Jeremy C. was elected Fall Retreat Chairperson. The election of the nominee for Region 4 representative was postponed until our January 8th IG meeting. Many thanks to our past Vice Chairperson, Christina D. and past Public Information Officer Melanie T for your dedication and service to our Intergroup.

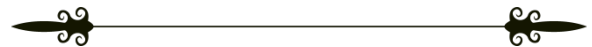
Be sure to **SAVE THESE DATES** on your 2023 Calendar – **Saturday March 18 for our St. Louis OA Birthday Celebration** and **Friday October 27 to Sunday October 29 for our Fall Retreat.**

Our new webpage is up and running. The consultant we are working with is working on fixing the 7th Tradition function. We appreciate your patience if you have experienced the inability to make a contribution in the last few weeks. As I am writing this article on Monday November 21, the consultant is working to solve this problem, so as you read this in December the problem should be solved. Feedback we have received has been positive,

members have found the updated website user friendly and helpful, and that is our goal.

May your holidays be abstinent and serene. Remember to keep in touch with your OA community and to live our Responsibility Pledge: Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

With Gratitude for Service,
Dianne S., IG Chair, chair@stlouisoa.org



Region 4 Update Chair Change, Open Positions

Mary C. has stepped down due to health reasons. Thank you, Mary, for your two-plus years of service. You helped make Region 4 continue to be fun and lively. You offered so much energy, ideas, pragmatism, and hard work. We miss you already and look forward to seeing you in the future when time and healing allow.

Annette P-R., our former Vice Chair, was appointed Region Chair and will continue in this role until our assembly in September 2023. We are in great hands as Annette was the Region 4 Chair prior to Mary. We are so blessed to have Annette step into the Chair role. And as a result, Region 4 will continue as usual.

Vice Chair and Assembly Planning Coordinator positions are open. If you are interested in filling this role, please let Annette know at apr.oaregion4@gmail.com.

From 11 17 2022 **R4Ward**



How Are the Holidays Impacting My Home Meeting? Update Below!

It's a good idea to call the contact person just in case. But here's what we know as we go to press. Yes means it will meet, and No means it won't:

- Sun 10:30 (Affton/Zoom) – Dec 25 No, Jan 1 No
- Sun 11:00 (formerly 10:45) (St. Mary's/Zoom) – Dec 25 Yes, Jan 1 Yes
- Sun 3 pm Columbia – Dec 25 No, Jan 1 Yes
- Sun 4 pm Jefferson City– don't know as we go to press
- Sun 4 pm Webster Groves – Dec 25 Yes but Zoom only, not in-person, Jan 1 Yes, but Zoom only
- Sun 5 pm StL City– Dec 25 Yes (face-to-face), Jan 1 Yes (face-to-face)



Saturday 10 a.m. Meeting Goes Hybrid

We're excited to announce that the Saturday 10 a.m. Step & Tradition Speaker meeting will be moving to a hybrid format as of January 7, 2023. Our in-person location is the Webster Groves Christian Church located at 1320 W Lockwood Ave, St. Louis, MO 63122. We meet from 10-11am and there will be signs directing folks to the meeting room.

For those who want to attend virtually, our Zoom meeting I.D. is 829 7038 2769 and the pass code is 630273.

All are welcome!



December 3 – 9 a.m.-Noon – Holiday Booster Recovery Event – “Experience, Strength, and Hope Through the Holidays”
– by Zoom (see flyer on page 11)

No Intergroup meeting in December

January 8 – 1:30 p.m. – Intergroup meeting**

February 12 – Intergroup meeting**

March 18, 2023 - 9:30 a.m. to 9:30 p.m. - 50th Anniversary Celebration - Maryland Heights Community Center, 2300 McKelvey Road 63043 (see flyer on page 12)

October 27-29, 2023 – Fall Retreat - Toddhall Retreat Center, Columbia, IL

****Note:** Each Intergroup Meeting is 1:30-3 p.m. via Zoom. **The meeting number is 940 5580 8391. The password is: Serenity.** It's also possible to join by telephone: Dial-in: 312-626-6799, meeting ID 940 5580 8391, and password 75183374. Those in elected service positions and Intergroup Representatives are expected to attend. All other fellows are welcome.

For more **events** happening throughout the worldwide Fellowship, click [HERE](#).

ARTICLES FOR THE NEXT NEWSLETTER ARE DUE BY DECEMBER 20, 2022. Please send your submissions to the **OA TODAY** editor and Newsletter Team at newsletter@stlouisoa.org or mail to St. Louis Bi-State Area Intergroup, PO Box 28882, St. Louis, MO 63123-0082. Personal stories express the experience, strength, and hope of individual members and not of OA as a whole. Other OA groups and service boards may reprint articles from this newsletter without requesting permission.

ST. LOUIS BI-STATE AREA INTERGROUP
OVEREATERS ANONYMOUS



Hosted by Sunday Morning Group (St. Mary's)
Questions? Call Cyndy L. 636-538-1331

GET READY FOR GREAT
SHARES AND FUN

December 3 / 9 AM to 12 PM

Zoom Meeting ID: 829 6922 6331

Passcode: 865711

Dial-in: 312-626-6799 use same ID and passcode

\$6 SUGGESTED DONATION
PLEASE NEVER STAY AWAY FROM AN
OA EVENT FOR FINANCIAL REASONS



Maryanne S. held the first OA meeting in the St. Louis Bi-State area in 1973!

50 Years!

We're Celebrating Together

Please Save the Date!

SATURDAY MARCH 18, 2023

9:30 am to 9:30 pm

Maryland Heights Community Ctr.
2300 McKelvey Road
63043

Together we get better!

WHY YOU'LL LOVE IT:

- Face to Face Fellowship
- Full Day Recovery Program
- Abstinent Meals
- Evening Dance
- Optional Hugs & Hand Holding

**Watch for Details
in January!**



The Twelve Steps of Overeaters Anonymous with Synonyms

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.

12. Having had a spiritual

sacred	religious	divine	metaphysical
holy	mystic	mystical	other-worldly
ethereal	transcendent	psychic	supernatural

awakening

kindling	stimulating	inspiration	arousing
energizing	invigorating	rousing	wakening
refreshing	restorative	reviving	activation

as the result

consequence	outcome	upshot	out-turn
effect	reaction	repercussion	reverberation
conclusion	culmination	by-product	solution
outgrowth	outcome	aftereffect	consequence
development	effect	product	development
reaction	determination		

of these Steps, we tried to carry

convey	take	transfer	move
bring	transport	convey	transmit
move	handle	deliver	give

this message

communication	information	news	word
intelligence	notification	announcement	tidings

to compulsive

irresistible	uncontrollable	compelling	driving
overwhelming	overpowering	neurotic	irresistible
impulsive	obsessive		

overeaters and to practice

use	exercise	implement	execute
enactment	action	doing	

these principles

truths	propositions	concepts	ideas
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theories
fundamentals

postulate
essentials

assumptions
philosophy

basis
elements

in all

each of
every single

every

each one of the

every one

our affairs.

handiworks
things
dealings
projects
responsibilities
pursuits

labors
activities
undertakings
matters
callings
undertakings

works
concerns
ventures
concerns
missions

outputs
matters
proceedings
dealings
duties