

May 2024 OA TODAY NEWSLETTER

St. Louis Bi-State Intergroup of OA
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Spiritual Principle: Integrity

STEP FIVE

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Admitting means more than just saying a list of the wrongs that I have done in the past. It means acknowledging and accepting my character defects as part of me.

I'm good at thinking that my defects are not really who I am. I tell an untruth to someone else, but, if asked, I would say that I'm an honest person. I act selfishly but see myself as a kind and caring person.

The crux of admitting is knowing that I am both. I can be incredibly selfish and incredibly generous. I can practice rigorous honesty about my feelings but add one more dollop on top of that cup of food so it's just a little bit more than a serving.

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Newcomers Corner The Power of NOT Part 2

Editor's Note: For the next several issues, the newcomers corner will include excerpts from a long article by a contributor who has lost several hundred pounds – and found a new way to live - since coming to OA.

Step One – Honesty. So, Do Not Lie. This was so hard. Why? Because most of the time I didn't even know I WAS lying. I lied to myself so often, with such repetition that the things I said I truly believed. And when you believe it is true, is it lying? How do you see something hiding in plain sight? I found someone I could trust, a few someone's actually. And I started checking everything that I thought, I said, and I believed. Because I am an addict and addicts have lost the ability to trust most others, I checked everything those trusted few told me. When they were right, I would change my mind - deliberately, with apologies for how long it took me. I determined that who I wanted to be was an honest person. I had always thought I was. I was not. I learned to pause, I learned to stay silent if I didn't know the answer, or – I would say I do not know! How liberating to no longer believe I had to know everything about everything. Now even contemplating a white lie stirs anxiety, but that anxiety is my awareness, finely honed over more than a decade. How do I stay abstinent? I stay Honest with myself and others. I had to learn to Not Lie, before I could figure out how to be Honest.

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By admitting the exact nature of my wrongs, I let go of the black and white thinking that I have to be all good or all bad. I join the rest of the flawed human race.

To whom am I admitting the inventory that I wrote in Step 4? First, I have to admit it to myself in order to end the isolation I feel. From now on, my defects of character are signs that I am part of the human race, not above or below it. I no longer have to hide who I am.

Next, I admit to God or the Higher Power of my understanding. Doing so means opening my heart so that a life changing power can come in and heal me. It means having a conversation or conscious contact with my idea of what my Higher Power is.

Finally, I have to admit to another person, someone I have chosen because I feel they are trustworthy and understanding. I operated all my life under the false belief that lies and secrecy keep me safe when the reality is that the truth sets us free.

Step 5 teaches me that who I am is okay and that I am accepted and loved exactly as I am. My objective is not to please the other person but to show the reality of who I am despite my fears.

I also have to look at the *exact nature* of my wrongs, which is more than just a list of the mistakes I have made. The exact nature of my wrongs is about the feelings, beliefs, motives, and thoughts that lie behind my actions. The exact nature includes looking at how what I did affected me materially, emotionally, and spiritually.

For example, I have lied to employers because I had the false belief that lying would keep me safe and protect me from any negative consequences. However, telling a lie ended up damaging my sense of self and

caused more harm to me than the original problem that I lied about!

When I look at the feelings behind those lies, I see a frightened child trying to protect herself, someone who does not have a Higher Power taking care of her. I see someone trying to protect what they have by creating a reality that does not exist. One of the acronyms that many in OA find helpful is FEAR=False Evidence Appearing Real.

The promises of Step 5 are many. We become more honest with ourselves and draw nearer to our Higher Power. We find that we can be honest with another person and receive love and acceptance rather than disgust or ridicule. Slowly, the “burden of our past actions will be lifted from us” (OA 12 & 12 pg 44) and we are able to take the next actions that will help us to continue to recover, working the rest of the Steps.

Just having knowledge of myself and my defects of character does not mean I am healed. I need the rest of the Steps and my Higher Power to bring about “the necessary changes” (OA 12 & 12 pg 44) in my life so I can leave behind the character defects that have caused me and others so much hurt.

Anonymous



Virtual Intergroup Offers Abstinence Workshop on May 18

Abstinence is often high on the list when our Intergroup asks for suggestions for a recovery event topic, so the May 18th Abstinence Workshop offered by the Better Together Virtual Intergroup may be of interest to some **OA Today** readers. There will be a speakers panel and breakout room discussions. The start time is 2 p.m. CT. Find a flyer at [THIS LINK](#). Click [HERE](#) to register. Amy G. from the planning committee will take questions at 314-302-0802.



TRADITION FIVE

Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.



I Am the Message

This one was a roller coaster ride for me. When I started this program over 14 years ago, I didn't want ANYONE to know I was in a 12-Step group. I was ashamed of my inability to stop eating – or to eat in any way that resembled normal. My brain, however, seriously thought and believed that the lies I told myself about eating were my truth, and that others actually believed me! I started this program at around 650 pounds. My denial was strong.

So, the idea that I would ever give service....Well, my first two years I kept saying that I would do steps 1-11, learn what I could, and get out. No one was going to catch me giving service, or admitting to anyone that I was in a 12-step group. Kinda hard to carry a message when you don't want to talk about it.

My first iteration of this Tradition therefore was – yeah, whatever, that bit cannot be that important.

In the **12 Steps and 12 Traditions of Overeaters Anonymous**, however, it clearly states, "Experience has shown we cannot keep the precious gifts of our own recovery unless we give recovery away by sharing OA's message." So how was I supposed to do that?

Recovery is not linear, not a straight line from disordered eating to all the promises are true

in my life. It is a scatter graph that trends toward health. Sometimes you hit the line. Sometimes you nail it and are doing really well, and other times you miss. We have to be okay with all these outcomes, because life is like that. For me, I expected life to give me the things I wanted and felt I deserved, but I was unwilling to behave in such a way that life would bring those things to me. As I kept leaning into this program, a little harder on each Step and Tradition each time through, I learned to give up self-will, expectations, and the idea that if I was dishonest that somehow an honest result would magically appear.

My second iteration of this Tradition happened when I had (I thought) found my feet in this program. IT IS SO AWESOME! The promises are coming true, food has been placed in a neutral position in my life, I was aware, alert and EXCITED. I wanted to tell everyone. I wanted everyone to experience this miracle.

I really started living this program IN THE ROOMS. I was engaged with my fellow travelers, into Intergroup - making sure the rooms stayed open. I became Intergroup Public Information Officer and had so many public facing ideas and internal ideas. I was brimming with things to do to help people in program get more engagement and to get the OA name out in the public conversation.

I thought: "If people only KNEW how miraculous this program is, everyone would want to come in the door!" I overstepped, reached too far many times, and had great mentors who kept cautioning me to slow down. They said: "Remember we are anonymous for a reason." I was quite discouraged that my ideas were not gaining traction in the membership. It seemed many of my fellow travelers still didn't want anyone in their lives – or anyone in public – to know that they are in a 12-Step group.

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The hubris! I, who had once sworn to never admit to anyone I was in 12-step, was sitting at the top of that ladder of worth looking down on folks who felt exactly like I had, and I was judging them. Thankfully, I received help to climb down and find my humility and my integrity. I am grateful to my sponsors and friends who always offer a hand to hold when I need to learn something new – or re-learn something old with fresh eyes.

So what is next? My third iteration of living the 5th Tradition in my life is to do just that. I live out loud. People who know me, know my story, but I don't share evangelically any longer. Most of my conversations come about because people want to know "How are you so happy all the time" or "How do you stay so calm when things are chaotic? These don't SEEM like questions that would lead to a 12-Step answer, and that is exactly why they are the perfect questions for me to share my experience.

I give away program almost daily at work. I move through life filtering all my actions through the principles of the Steps and Traditions. I am the Message. I act with honesty and integrity, I don't react out of fear, I have faith, I willingly surrender my will daily, and I live service through my work with this newsletter, my five sponsees, and speaking whenever I am asked to do so.

By far, living my authentic life, where I choose my actions based on this program, is the biggest billboard. It is the loudest TV ad, the most annoying of radio jingles, the persistent pop-up ad. Just me, food in neutral, treating people with respect and loving kindness, remembering that I don't know everything and that my way never got me anything except on the way to dying. As I choose life, I am the message.

Anonymous



Spiritual Principle of Tradition 5: Purpose



WE'RE MOVING!

Starting June 1, the Saturday 10 a.m. Step and Tradition Study group is moving from Webster Groves Christian Church to Webster Groves Presbyterian Church at 45 West Lockwood. The entrance is on the east side of the church by the parking lot.

The Webster Groves Step and Tradition Study is also a hybrid meeting, attended virtually by many outside the STL area. The Zoom link and password may be obtained at the Meeting Information page of our [Intergroup website](#). If you have any questions, please contact our meeting contact, Della, at 314-580-4881.

Jane F. and J-MO





Springing into Action

I love the season of spring. My allergies are not a fan, but it is still my favorite season. There is rebirth, colors galore, the excitement of getting outdoors after hibernating during winter. I love watching my perennials tenderly peek through the soil, yet they are firmly rooted in the ground. Strangely, I also enjoy spring cleaning.

My husband and I joined a church this past winter. I love learning, and I'm taking risks to get to know others. That's a hard one for an introvert like myself. I have been asked to do very simple service work. Immediately my fear of not being good enough, liked, smart enough kicked into high gear. I do not want fear to have a death grip on me and hold me in bondage. I feel like God led us to this church so I'm making an effort to let go and let God. It's helping me to get out of myself and see what I can do for another. Sometimes it may be as simple as sincerely saying, "Hello, I'm happy to see you."

Some days when I'm struggling with insane thoughts in my head or fearful ideas swirling through every fiber of my being I pray to my HP for guidance. Answers always come when I'm open and willing. I keep myself firmly planted in the loving hands of my HP. There are times I don't make the best choice and rely on my own self will. The simple fact is that never works out for me. Reliance on my HP is the answer.

I will never say cleaning is a job I love to do, but I do enjoy when spring cleaning is

completed. What an accomplishment! I go through all of our closets and drawers and purge what is no longer useful. I clean nooks and crannies that don't get cleaned on a weekly basis. I find things that need minor repair, paint touch up, or possibly a major repair.

Spring cleaning can be compared to doing a step 4 and 5. I honestly face the facts of my inventory. If they are no longer serving me well it is time to let it go so I can heal spiritually, physically, mentally. It is my inventory, not my neighbor's that I am doing so I must look at myself and the defects that are no longer working for me. I pray continually for guidance and then share it with my beloved sponsor who has been aiding me and cheering me on every step of the process. What a relief to finally give it away! I am able to discard some things from myself/my house that are no longer useful to me. I am free at last!

This spring, I got to celebrate my husband's birthday, my granddaughter's birthday, and my oldest son's and future daughter-in-law's wedding shower.

Thanks to OA I get to have loving relationships with all members of my family. I spent decades living as a compulsive overeater. I was a very angry, defiant person. My attitude has been "Nobody is going to control me or tell me what to do!" (Stomp your foot for the proper sound effect here.) My behaviors kept me in isolation and fed my disease. What a sad life I lived.

I'm grateful to be a member of OA. I am not alone. I have a HP to guide me. I feel love for myself and others. The road is not always easy. I still struggle with defiance, worry, and other character defects. I have the 12 steps that give me the solution. I'm grateful for the tools. I'm grateful for all of you. I put my hand in yours and I have the strength to spring into action!

Sue S.



Tool of the Month: Writing

According to [a helpful factsheet](#) on the OA.org website, as we work the Overeaters Anonymous Twelve Step program of recovery from compulsive eating, we have a number of Tools to assist us. We use these Tools—a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service—on a regular basis, to help us achieve and maintain abstinence and recovery from our disease. This month we highlight **Writing**.

Maybe it is only natural that I would be so drawn to writing as a spiritual practice. After all, my first college major (before I switched) was journalism. Even though I did not become a journalist, I will never regret the foundation I received in those classes. It's good to be curious about who, what, when, why, where, and how.

My first sponsor gave me reading assignments from the **Big Book of Alcoholics Anonymous**, the **OA 12&12**, and the **AA 12& 12**, and had me journal about my reactions to what I was reading. As I began to lay a foundation for recovery, I read **The Doctor's Opinion** and **Bill's Story** in the **Big Book**. My sponsor asked me: Where did I see myself in what I read? What new insights did the reading give me about my relationship with food? Were there

sections that do not fit my experience of life and where I'd like dialogue with the author? I wrote about it all and shared documents with my sponsor or read aloud to her when we met.

The writing assignments continued. In Step Two, I was asked to write a want ad for a Higher Power who could help me with my compulsive overeating since I reported that my god had not been able to do so. In Step Three, I wrote out a Third Step Prayer in language that had integrity for my evolving concept of a Higher Power. The writing of my Fourth Step inventory took many weeks, offering careful examination of my resentments, fears (a really long list), and sexual history. (Why couldn't THAT be my long list?)

You can miss Step Six in the **Big Book** if you blink. It's that short. But there was much to write about. My sponsor invited me to journal about my character defects and defenses. Which need to be removed? For those I was not ready to release or re-purpose, I was invited to journal about what I received from the defect/defense since I wanted to remain unchanged in this area.

In Step Seven, I was able to craft a version of the Step Seven Prayer to use each morning. I was test driving Step Eleven - conscious contact with God. There was much writing in Steps Eight and Nine, people I had harmed, letters to my deceased parents, a self-forgiveness letter to myself that took nine months to finish – giving birth to a new me.

As I have developed a recovery rhythm in my life, I have found it helpful to write a little every day. The way I currently practice this is to prayerfully read three pieces of spiritual literature. I ask myself: **"How is HP speaking to me through what I am reading here?"** I spend time in silent reflection, and then I begin to write.

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When I am finished, I send what I have written to about fifty of my OA friends – as a way to put my hand in theirs. I remind myself that they are here for me today and that I will receive help from them if I ask for it. I hope my email to them also reminds them that my hand is here for them as well. “Together we can do what we cannot do alone.”

Anonymous



It's Annual Appeal Time For World Service

World Service has sent out the 2024 annual appeal letter. Our groups are asked to read this letter at three consecutive meetings. Find a copy of the letter on page eight of this newsletter.



Region 5 Convention in September; Early Bird Discount Through June 9

The St. Louis Bi-State Intergroup recently voted to affiliate with Region 5. Our 2024 convention is in the Cleveland, OH, area September 6-8. A \$20 discount for registration is available for those who register by June 9. The theme of the convention is **Welcome Home! (Many Symptoms, One Solution.)** The convention brochure is on pages 9 & 10.



May 5 – 1:30 p.m. - Intergroup meeting**

May 18 – 2 p.m. – Better Together Virtual Intergroup Abstinence Workshop – see page 2

June 9 – 1:30 p.m. - Intergroup meeting**

July 14 – 1:30 p.m. - Intergroup meeting**

September 6-8 – Region 5 Convention – Independence, OH – see pages 9 & 10

September 8 – 1:30 p.m. - Intergroup meeting**

October 13 – 1:30 p.m. - Intergroup meeting**

Note: There will be a Fall Retreat; details to be announced

November 10 – 1:30 p.m. - Intergroup meeting**

***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 May 20, 2024. Please send your submissions to the OA TODAY Editorial Staff newsletter@stlouisoa.org or mail to St. Louis Bi-State Area Intergroup, PO Box 28882, STL, 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.



W O R L D S E R V I C E O F F I C E

2024 Annual Appeal Letter from Your World Service Office

To: Groups, Service Bodies, and Members of Overeaters Anonymous:

If you are a group, please read this appeal letter at three consecutive meetings. If an intergroup, service board, or region, please consider an annual contribution for this appeal.

Your contributions continue to make a difference for Overeaters Anonymous. Thank you! Here are some of the wonderful new ways we've been able to put them to work. In 2023, we created a public service video to extend a hand to others with compulsive food challenges. Your funding also enabled us to post OA bylaws and policies as web pages and create a video that explains bylaws and service in a simplified way. And, of course, OA continues to update and maintain the Find-a-Meeting tool on the website.

Within the publications sphere, your contributions allowed us to translate *Where Do I Start?* into Icelandic, thereby increasing access to 21 languages, including Arabic, Chinese, Finnish, Italian, Mongolian, Norwegian, Persian, Romanian, Slovenian, and Zulu. New publications enabled through your funding included combined *Public Information and Professional Outreach Service Manual*, *Twelve Traditions Workbook of Overeaters Anonymous*, and e-pamphlet *To the Man Who Wants to Stop Compulsive Overeating, Welcome*. Finally, your funding enables us to fulfill your publication orders and answer your questions by phone and email.

As technology and costs accelerate, we will need your support in 2024 to continue our outreach to diverse populations and to offer innovative ways for you to connect with others who suffer from compulsive food behaviors. Here are ways you can show your support in addition to your regular Seventh Tradition contribution:

- Donate directly, individually or as a group, online at oa.org/contribute (remember to include your meeting or service body number)
- Cut out the form below and mail your check to the World Service Office
- Consider contributing automatically through the Automatic Recurring Contributions link at oa.org/contribute

Any amount would be appreciated and, if you cannot contribute now, we know that you continue to support OA in other ways.

In loving service and gratitude,
Board of Trustees Treasurer

Please forward the collective contribution, including your group number, to:

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Overeaters Anonymous World Service Office/Appeal to Groups
PO Box 44727

Rio Rancho NM, 87174-4727 USA Group/Service Body # _____ Enclosing US\$ _____

Service Opportunities

- Registration
- Sell Raffle Tickets
- Session Timer
- Hugger/Greeter
- Marketplace
- Hospitality
- Wherever I am needed
- OA Meeting Leader/Speaker
- 1 year of current, continuous abstinence required)

If you volunteer to speak or provide service, opportunities are available from 3pm Friday until noon Sunday.

1. Please indicate your arrival/departure times so that we may schedule you accordingly.

- Friday _____
- Saturday _____
- Sunday _____

2. Please provide your cell # in case we need to contact you:

Scholarship

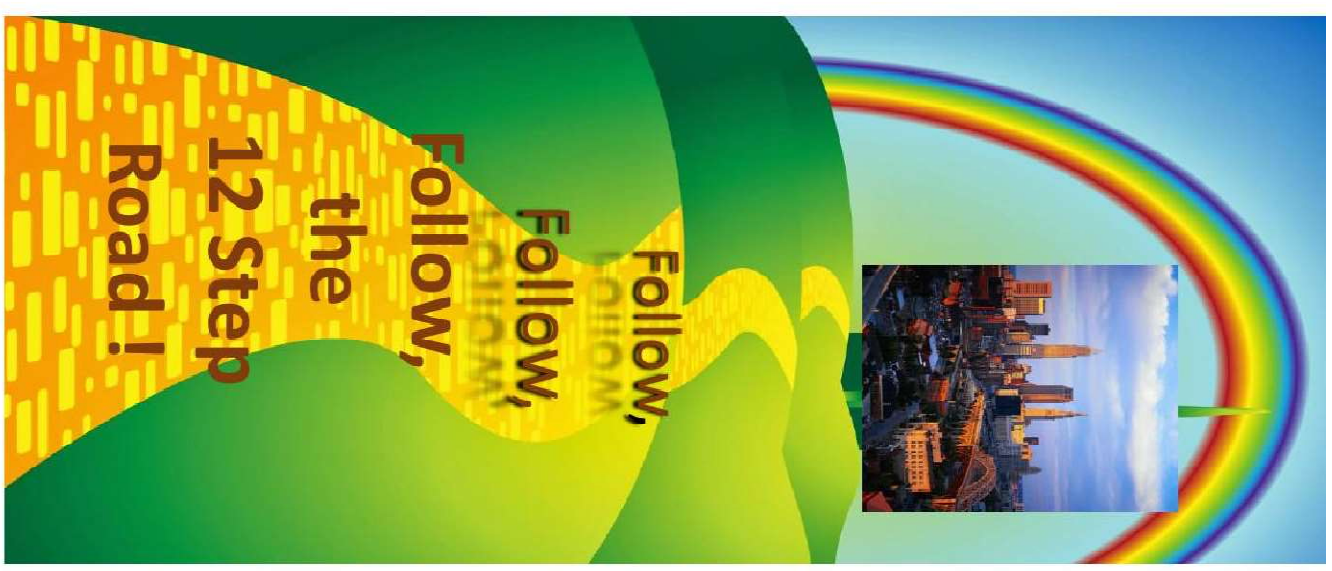
You may request a scholarship for the full cost of registration only. *Scholarships do not cover meals, rooms or other expenses. Meal cost is \$120.*

Would like to apply for a scholarship?
Yes _____ "First come basis" apply early.

Preference may be awarded to those who have not previously attended a Region 5 Convention. You may complete a scholarship application if you have not previously received a scholarship within the last 5 years. You must be a Region 5 resident. Recipients will be notified by the registrar.

Scholarship recipients are asked to perform service at the convention in a capacity that matches their abilities. Please indicate the type of service you are willing to provide in the **Service Opportunities** section (above).

Scholarship Deadline:
June 7, 2024



Region 5

OA Convention 2024

Hosted by Cleveland Central Intergruop

Welcome Home:
(Many Symptoms, One Solution)
September 6 - 8, 2024

Register for convention on-line at region5oa.org

REGISTRATION OPENS APRIL 1, 2024

Make hotel reservations directly with:
Holiday Inn - Cleveland South
Independence
6001 Rockside Road
Independence, OH 44131
(216) 524-8050

Online [Hotel Reseservation](http://region5oa.org)
To receive group rate, mention:
"Region 5 Convention Room Block"
Special Room Rates (until 8/9/2024)
\$119 + tax
Choice of: 1 King Bed or 2 Double Beds

Hotel Amenities:
Free Parking
Wi-Fi access,
Fitness Center and Indoor Pool,

Check In: 3:00 pm

Come follow the 12 step road with us

Preliminary Agenda

Friday, September 6, 2024
 4:00 pm Registration Desk Opens
 4:00 pm OA meetings begin
 7:00 pm Grand Opening & Keynote Speaker

Saturday, September 7, 2024
 OA MEETINGS WITH VARIOUS TOPICS THROUGHOUT THE ENTIRE DAY

7:00am – 8:30am Breakfast (pre-register only)
 7:00 am Registration Opens
 7:00 am Open Meditation Room
 8:00 am OA Meeting
 8:45 am Grand Opening & Keynote Speaker
 12 noon Lunch Buffet (pre-register only)
 6:00 pm Dinner Buffet (pre-register only)
 7:30 pm Keynote Speaker and Raffles
 9:00 PM DJ/Dance or OA Meeting

Sunday, September 8, 2024
 8:00 am OA meeting or Meditation
 9:00 am Keynote Speaker
 10:00 am Re-entry/Closing/Sharing

Early Bird Registration must be postmarked by June 7, 2024
Regular Pre-Registration must be postmarked by August 9, 2024

After this date, you MUST register at the Convention. Registration can be transferred to another person, but cannot be refunded.

Questions:
 Phone: 800-511-9610
 Email: colia@onetox.com

Two ways to Register!

REGISTRATIONS OPENS APRIL 1, 2024

1. Register Online at www.REGION5OA.org
 Payment by major credit card.

OR

2. Mail this form (one form per person)
 Fill out and detach this section.
 Please print legibly.
 Make US check or money order payable to: **OA Region 5. Do not send cash.**

Mail completed form/payment to:

R5 Convention 2024
 P. O. Box 347223
 Parma, OH 44134-9610

Name: First _____
 Last: _____
 Address: _____
 City: _____
 State/Province: _____
 Zip: _____
 Daytime Phone: _____
 E-mail: _____
 Emergency Contact: _____
 Name: _____
 Number: _____
 What name would you like on your badge?

 Special Needs: _____

Confirmation will be e-mailed to you unless you indicate otherwise. If you want confirmation by US mail, please include a self-addressed stamped envelope with your completed registration form and check

Registration Pricing

Early Bird Registration \$169
 Includes Convention, plus breakfast, lunch and dinner buffets on Saturday.
Online or mail (postmarked by June 9, 2024)

Regular Pre-Registration \$189
 Includes Convention, plus breakfast, lunch and dinner buffets on Saturday.
Online or mail (postmarked by August 9, 2024)

Lunch Salad Bar Buffet: Variety of greens, protein selections, fruit, whole grain rolls, butter, SF dressings

Dinner Buffet: Includes chicken and fish, several vegetable selections, brown rice, salad, SF dressings, whole grain rolls, butter, and fruit.

____ Vegetarian Dinner selection plus salad bar and fruit.

____ Additional Breakfast tickets \$30.00
 ____ Additional Lunch Buffet tickets \$30.00
 ____ Additional Dinner Buffet tickets \$50.00

Donation to the Scholarship fund \$ _____

Total Enclosed: \$ _____

After August 9, 2024 pre-registration is closed. You must pay at the door (no meals)

____ All Weekend \$90.00
 ____ Friday only \$40.00
 ____ Saturday only (\$60 at door) \$60.00

Abstinence: Don't Struggle, Be Willing

If you are **willing** to be abstinent, this is a state of great humility.
If you are trying to be abstinent, this is a state of great confusion.

A **willingness** to be abstinent implies you do not know how to do it but are willing to learn.

Trying to be abstinent implies you should be able to do it but are struggling with it.

Willingness to be abstinent involves acceptance.

Trying to be abstinent involves condemnation.

If you are **willing** to be abstinent, you are open to receive.

If you are trying to be abstinent, you are closed to guidance.

If you have been trying to give up the old ways and have condemned yourself for failure to do so, simply be **willing** to learn how the old ways may be replaced with peace.

If you are trying to be abstinent, you will fear failure.

If you are **willing** to be abstinent, even 'failure' may be used as a teaching device.

If you are trying to be abstinent, you will fear not being able to be abstinent. You will judge yourself a failure.

If you are **willing** to be abstinent, no setback becomes a problem, for you know you will be shown.

If you are trying, you are attempting to be abstinent by yourself.

If you are **willing** to be abstinent, you are asking for guidance.

Trying to be abstinent places the responsibility on you.

Being **willing** to be abstinent places the responsibility on God.

Willingness to be abstinent is, in a sense, a prayer.

Trying to be abstinent is an act of separation from your Higher Power.

When you try, there is resistance.

When you are **willing**, there is acceptance.

If you are trying to be abstinent, everything is an interference.

If you are **willing** to be abstinent, everything is of assistance.

The freely made choice to be abstinent is the most important decision you make each day because it speaks for your **willingness** to be abstinent each day.

Without the giver of the gift (of abstinence), there would be no gift. Which is more important, the giver of the gift or the gift itself? Bear in mind this particular gift is just for one day, or one meal at a time.

Posted on July 1, 2014 by Central Colorado OA; edited slightly by editor