



# The *Stepping Stone*

Fifty Cents

South Jersey Intergroup

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## **Practicing Step 10**

Step 10 has two distinct parts, as I can see. The first is “continued to take personal inventory”; this to me means that it is not a ‘once and done’ thing. I must keep on doing this to maintain and keep not just my physical abstinence, but my emotional abstinence as well. It clearly tells me to keep taking *my own inventory*—not my kids or my husband’s inventory. I need to keep working on the concept “keep my side of the street clean.” If I am doing this properly I don’t have any time to take care of anyone else’s side of a street. It’s a full time job!

The second part of Step 10, “when we were wrong, promptly admitted it”, is such freedom for me. Prior to my life in recovery, I could never admit any fault to anyone. I know today that I am not a bad person trying to get good, but I am a sick person trying to get well. Therefore, I do make mistakes and will continue to make them along the way. This step allows me the ability to right the wrongs promptly. I don’t need to think it over for weeks or get into my head over it. I just need to make the amends and move on. I know my HP has a sense of humor because having two young daughters gives me a great deal of practice with this step on a daily basis.

*Lesley M.*

## **Finding Peace**

I have deprived myself for many 24 hours of a piece of the program that brings PEACE. For me, that is a written 10th step inventory and making amends as soon as possible for anything that has surfaced.

As I look back over my recovery in OA, I see how stubborn I have been. Today, through the Grace of God, my OA family, family of origin and friends, I am open to suggestions. With more prayer I am receiving the invaluable gift of willingness— one day at a time.

My present sponsor does a written 10th step every night. I have been attracted to how she lives her program. She has been most generous and loving in sharing some of her “secrets”. One secret is her written 10th step.

I did a written 10th Step one evening last week and it did help. Today I am rescheduling my sleep preparations early enough to do an inventory.

As with all “secrets” of this beautiful program, sharing them brings blossoms into my life.

*LMG*

## **Step 10**

This step helps me recognize mistakes as I make them (not that I need reminders). However, Step 10 also gives me a way out in real time, rather than weeks or months later, when the making of amends is much harder. It gives me a way to soften my perfectionist nature, it humbles me, and it is a gateway (along with Step 11) to fulfill Steps 8 & 9. If I can do Step 10 in the present, it becomes easier to make amends for past mistakes or errors in judgment. It was one of the first Steps I put into practice that helped me “get” what the program was about.

*Debbie C.*

### **STEP 10**

*Continued to take personal inventory and when we were wrong, promptly admitted it.*

### **TRADITION 10**

*Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.*

## **A Day For Gratitude**

This is certainly a day for gratitude:

Two years ago today, I was wandering through life, not knowing where to be, who to be, what I was...two years ago today, I was using food and my relationship with food to hide away, and not let myself show. Life was passing by. I was in a very dark hole, not seeing any way out, climbing to a place a few feet from the light, but always falling back in.

Today, I am in a very different place. I no longer hide. Living life out in the sunlight is a gift like no other. Living life with God by my side, holding my hand, has changed the way I conduct my life. I have faith in His words, his hints, his gifts. I know he has my back. I know he wants what is right for me.

My life has completely changed in the past year. Totally changed. I, myself, hardly recognize my life today. I now know that God chooses my path - it can swerve and change in a moment's time. But I embrace the changes, and have faith in the outcome.

Today I feel love like never before. Today I feel faith like never before. Today I feel like a real person - not someone reacting to life, but someone acting on life. Today I can feel joy and pain, happiness and despair, love and loss. I thank God for showing me my path to discovering life. I thank God for helping me finally feel alive.

I offer my thanks to those who have listened, supported and guided me, and who taught me that intuition is God's way of communicating with me.

*Eden*



There is an old lady in Jersey  
Who surrendered her will and asked mercy  
From the disease of the food  
How the steps changed her mood  
And freed her to create this here verse-ey!



## **Path to Recovery**

Today, relapse is not an option for me. What behavior caused my relapse with food addiction? I stopped writing my daily food plan, stopped calling my sponsor, stopped going to OA meetings, and I stopped journaling. All of these resulted in a total disconnect from Higher Power and from myself. The food allowed me to stuff my feelings. I stayed immobilized in denial until I got to the point that I no longer recognized myself, physically or emotionally. I was truly suffering.

What behaviors have moved me back on the path of recovery and healing? Writing down and preparing a food plan. Reaching out for help and calling a sponsor, going to weekly meetings, making phone calls, and beginning to journal. I have a disease, but fortunately a treatable disease when I open myself to my Higher Power and the OA Program!

*Anonymous*

## **Letting Go Of Self-Destructive Behaviors**

So much of my life has been spent on self- destructive eating. Today, I don't have to live that way.

Today, I choose to be abstinent. The healthy choice of abstinence allows me to grow and to recover. I don't want to go back to sitting in a dirty recliner and stuffing my body with food. It led me to hell. Today, I sit up straight and eat. I enjoy my food. I thank God that it is weighed and measured and on my food plan. Today, I eat foods that are good for my body. Foods that heal, nourish, and maintain my body. No longer do I eat bags and boxes of sugar and fat-laden foods.

Today, I can hold my head up high when I walk. I no longer have to isolate in a body beaten by self-destructive eating.

Thank you God for this gift of abstinence today.

*Maria M.*

## Voice of Recovery

Today the Saturday Burlington Mall Ministry meeting is having a writing workshop. We each read our "birthday" from Voices of Recovery, and are writing to submit to the Stepping Stone. There are 10 people here and I was curious if anyone would have the same birthday (we did not).

I related to every reading, but it was hard to keep them all straight. I used to read and journal every morning. I remember one day not having the time and having a crappy day. I complained to my sponsor that I was mad that 15 minutes could ruin my day. She said, "Why don't you think of it this way: be grateful that 15 minutes could help you have a great day". As I listened to the readings today, I got a little resentful; man, I really am messed up that I could relate to every reading! But I will take my old sponsor's advice. Today I will be grateful to have found a place where I don't feel alone. That by identifying with all the readings, I have found a place to change, to recover, to get better. Plus, I wasn't just relating to the disease. I could also relate to the recovery.

Today I spend most of my days being happy, joyous and free. Because I am open and teachable today, all of God's gifts are available. When I am angry, resentful or fearful, I have meetings to go to, books to read, journals to write in, friends to call, a higher power to turn to. I no longer strive to be perfect. Through OA I have found one of my major problems was I had a pretty screwed up definition of perfect.

So at 9:58am, Saturday, July 29, 2006, I am truly at peace. But just give me a half hour or so, and the world will creep back in. That is why I keep coming back!

*Kim G.*

### Serenity

I am serene when I know I have given my will to my Higher Power. I just do what I know I should, moment by moment. Then I rest in the fact that He has purpose and a plan for everything.

*Anonymous*

## Listen for the Answer

It has taken me a long time to realize that in order for me to maintain my abstinence for any sustained period of time, I must actively seek, discern and act on God's will for me. So many times I have just reacted to life, doing and saying the first thing that popped into my head without taking the time, or even thinking to take the time, to ask my higher power what I should do. When I do think to ask and stop to listen, I invariably get the answers. Life just seems to work out better and I maintain my abstinence with very little effort or obsessing over the food. I need to constantly remind myself that I have no control over the food or anything else. When people, places and things get me down, I need to stop and pray, turn it over and then listen for the answer.

*Reneé L.*

## Revelation

I had a revelation Friday night at the meeting. I am always waiting to be worthy until I attain my next goal or dream. Then I get them and there is always something more I want before I can be kind to myself. As I sat in the meeting last night, I looked around the room and thought that I love everyone here and I don't know their hopes and dreams. I love them because of who they are and their willingness to work this program at whatever stage.

I am just like them and have goals I want to achieve. But I don't love people because they have accomplished something. I am happy for them if they do, but I don't love them more when they do and less if they don't. Maybe that's the way Goddess loves me. To me, it is a totally new concept and I know I have been hearing it for years, but it was one of the times when something just really makes sense and comes together. It feels a lot better than beating myself up, so maybe for today I can be okay with how I am right now. And even if I can't, I can be open to the fact that HP loves me more than anything right now no matter what I do or don't do.