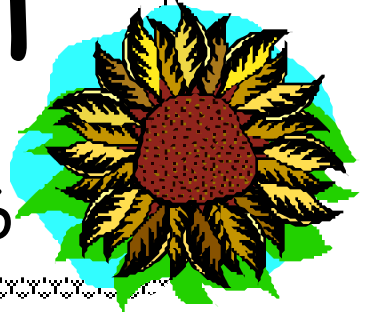


Easy Does It

Overeaters Anonymous Madison Area Intergroup
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July, 2006



Willingness

To receive the gift of abstinence I need to be one hundred percent willing..... Alas it is not enough to want to be rid of the unpleasant side effects of my illness. I need to be willing to give up that which attracts me in the first place: the gratification, sedation or whatever other payoff I get for practicing my compulsion. **For Today, p. 132**

Willingness to Take Action

I have to be willing to take action. I have to be willing to admit I am powerless over food and then do something about it. Today, that means I need to create a plan of eating. I need to make a phone call to my sponsor to help me stay on the right track. I need to go to meetings and pray and meditate to stay in touch with my HP. All of these require willingness through action.

J.G., St. Louis, MO
September 1996, *Lifeline*

Step 7

Humbly asked Him to remove our shortcomings.

Tradition 7

Every OA group ought to be fully self-supporting, declining outside contributions.

Concept 7

The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws Subpart B.

TO BE ABSTINENT IS ABOUT WILLINGNESS, NOT STRUGGLE

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

(Continued)