

WELCOME TO



2022 Mountain of Miracles Fall Retreat
Miracles in the Principles of the 12 Steps



Original Art work by Gwendolyn Nixon

Christmound, Black Mountain, NC

222 Fern Way, Black Mountain, NC 28711

Friday September 23, 2022 3:30 PM through Sunday September 25th, Noon

Mountain of Miracles 2022 Fall Retreat



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Welcome

On Sunday we need to have checked out for our rooms by 11:00 AM. Drop the keys and the survey in the basket in the Assembly Hall. Our closing ceremony ends at noon and we need to leave campus before 1PM on Sunday afternoon. This provides an hour to pack and clean the common rooms.

Although we can not guarantee quiet at night, we know that, as adults in recovery, we will all act respectfully. Patience and tolerance is required!

Christmount Emergency Number **after 5 PM Only** 828-669-8219. Christmount Office 8-5 PM 828-669-8977

Internet Service / WIFI Christmount Guest Pw: blessings

Cell Phone coverage may be spotty depending on your provider and location on the Christmount Campus

Covid Precautions: There is ample space in the dining room and workshops will be limited to 16 people per workshop. Hand sanitizers are provided by the center. If you would like to take food out of the dining hall, the center provides to go boxes. Masks are allowed. The center does not provide them so bring your own. When all 48 of us are gathered in the Assembly Hall there is more than 3 feet of space between people and less than six feet.

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Schedule

Friday, September 23, 2022 Miracles of the Principles in the 12 Steps
3:30 - 5:30 Registration (Main Lobby)
4:00 - 5:30 Meet and Greet (Covered Porch)
5:30 - 6:00 Dancing in the 12 Steps (Assembly Hall)
6:15 - 7:15 Dinner (Dining Hall)
7:20 - 9:20 Evening Program (Assembly Hall)
7:20 - 7:35 Welcome / Readings/ Serenity Prayer
7:35 - 8:00 Spiritual Principles Meditation and Game
8:00 - 8:15 Break
8:15 - 8:45 Speaker shares their OA story
8:45 - 9:00 Open Sharing / Closing OA Promise
9:00 - 9:10 Break
9:10 - 9:25 Dancing in the 12 Steps (Assembly Hall)
9:30 - 10:30 Night Owl's Meeting (Fireside Porch)

All activities are subject to change and are all are optional. Choose what you like and leave the rest. This is a retreat for you. There are three times when you get to choose one of three simultaneous workshops and there are multiple ways to play on Saturday afternoon.

Any changes to the schedule or venues will be announced and written on the white board in the Assembly Hall during the retreat.

Saturday, September 24, 2022
Miracles of the Principles in the 12 Steps
7:00 - 7:45 Early Morning Meditation Meeting (Assembly Hall)
7:45 – 8:00 Dancing in the 12 Steps (Assembly Hall)
8:00 – 8:45 Breakfast (Dining Hall)
9:00 - 12:00 Morning Program (Assembly Hall)
9:00 - 9:10 Readings / Announcements / Serenity Prayer
9:10 - 9:40 Speaker Shares on Honesty, Hope, Faith
9:40 - 10:00 Open Shares / OA Promise
10:00 - 10:15 Meet the Workshop Leaders
10:15 - 10:30 Break
10:30 - 11:50 Saturday Morning Workshops (Choose 1 of 3)
12:00 - 12: 25 Speaker shares on Courage, Integrity, Willingness
12:25 - 12:40 Open shares OA Promise
12:45 - 1:45 Lunch (Dining Hall)
1:45 - 5:00 Open - Enjoying HP's gifts (Choose 1 or more or nap)
1:45 - 5:15 Make a Prayer Booklet (Meeting Room 1)
1:45 - 5:15 Board Games (Fireside Lounge)
1:45 - 5:15 5:00 Nature Hike (Mountain Trails)
1:45 - 5:15 Rock and Talk (Fireside Porch)
4:20 - 4:50 Dancing in the 12 Steps (Assembly Hall)
5:00 - 6:00 Afternoon Program
5:00 - 6:00 Saturday Afternoon Workshops (Choose 1 of 3)
6:15 - 7:15 Dinner (Dining Hall)
7:20 - 9:20 Evening Program (Assembly Hall)
7:20 - 7:30 Announcements/ Reading / Serenity Prayer
7:30 - 8:00 Speaker shares on Humility, Self-Discipline, Love
8:00 - 8:20 Open Shares / OA Promise
8:20 - 8:30 Break
8:30 - 9:25 Firelight Fellowship (Fireside Porch)
9:30 - 10:30 Night Owl Meeting (Fireside Lounge)

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Sunday, September 25, 2022 Miracles of the Principles in the 12 Steps
7:00 - 7:45 Early Bird Meditation Meeting (Assembly Hall)
7:50 - 8:00 Dancing in the 12 Steps (Assembly Hall)
8:00 - 8:45 Breakfast (Dining Hall)
8:45 - 9:30 Pack, Load Vehicles, Check out of Rooms
9:30 - 12:00 Morning Program (Assembly Hall)
9:30 - 9:45 Announcements / Serenity Prayer
9:50 - 10:50 Sunday Morning Workshops (Pick 1 of 3)
10:50 - 11:00 Break
11:00 - 11:20 Speaker shares on Perseverance, Spiritual Awareness, Service
11:20 - 11:40 Open Shares / OA Promise
11:40 - 12:00 Closing Ceremony

Plan on meeting for lunch at a restaurant in Black Mountain on your way home for more fellowship. Please fill out the survey in your folder for the next retreat before you leave.

Workshop Descriptions

Dancing in the 12 Steps

Friday Sessions 5:30 - 6:00 PM and 9:10 - 9:25 PM

Saturday Sessions 7:50 - 8:00 AM, 4:20- 4:50 PM

Sunday Session 7:50 - 8:00 AM

This is a multi-part mini workshop offered as an optional activity that uses short readings from *OA's Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous* book and popular music to dance to the feeling of each of the 12 steps. You can join any, some or all of the sessions to share in the gift of movement with your fellows in recovery. Movement can be as simple as sitting with eyes closed and allowing the music to connect to your felt experience of a step or as wild as you want and can move safely in the space. The intention of this activity is to give us a safe space to enjoy moving our bodies in a loving and accepting environment. Another goal of this activity is to honor our body's inherent need to move and refresh ourselves during the weekend. The music selected may not represent your experience of a step and does not represent OA as a whole. Dancing to music is an accepted activity at OA events.

Saturday Morning Workshops

10:30 - 11:50 Noon (80 minutes)

The Miracles of Service

Are you hesitant about service or feeling guilty for not doing enough or feeling that you give too much? The facilitator will share her OA story and the miracles in her life. She will also share her experience with knowing when and how to serve others sanely. You will also have a chance to pull a random focused service opportunity out of a basket and share your response and the miracles you have witnessed. (FireSide Lounge)

Honesty to Achieve Spiritual Growth and Relief from Compulsive Overeating

Through gentle movement, meditation, sharing, and writing we will shine some light on the principle of honesty in our OA program and our lives. Begin to discover how to transform obstacles like shame, woundedness, and distrust into a pathway for courage, relief, and change by being honest with ourselves and others. (Assembly Hall)

Creating Your Own Personal Book of Faith

In this creative art activity, you will create a book. Each book will be unique in reflecting how you use faith in living in your life and in your relationships. Express yourself through words, prayers, poems, collage, artwork or whatever speaks to you including spiritual struggles you may be facing. Idea prompts will be provided to assist you with ideas and stories to include in your book. (Meeting Room 1)

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Saturday Afternoon Workshops

5:00 – 6:00 PM (60 Minutes)

Embracing **Integrity** and **Willingness**

This workshop will begin with a 15-20 minute meditation followed by group discussion focusing on the spiritual principles of Integrity (Step 5) and Willingness (Step 6.) (Fireside Lounge)

Surrendering to **Love** in Daily Choices

The facilitator will share her experience being guided by love in making decisions. Working in small groups, you will get a chance to remember how you have surrendered to love and to share and hear the experience of others. (Assembly Hall)

Courageous Voice- Sharing Your Story

How would you like to merge the art of storytelling (think The Moth Hour) with the Overeaters Anonymous 12-step principles? Join us in this small-group workshop for brainstorming to find your narrative stories about honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness, and service. If you choose to demonstrate the principle of courage by sharing your story around the evening campfire, you can practice your story in the small group first for positive and supportive feedback. (Meeting Room 1)

Sunday Morning Workshops

9:50 - 10:50 AM (60 Minutes)

Prayer for Those Seeking Deeper Connection (**Spiritual Awareness**)

This workshop will use meditation and writing to experience two-way prayer with your Higher Power. The format will be especially inviting and supportive to those who either have a hard time connecting to their Higher Power or would like to deepen and personalize their relationship with their HP, as personally and uniquely understood. Please bring writing materials. (Assembly Hall)

Developing an Eating Plan (**Hope**)

Compulsive overeaters don't just have a disease of food, we have a disease of eating. In order to create a healthier life for ourselves, we need to have a plan. Not just a plan of what foods to eat or not to eat, but also a plan to help us avoid all of those tricky eating behaviors that trap us and trigger our disease. In addition, we need a plan of positive behaviors that will help us climb out of the trap. This workshop will help you develop a true plan of eating. (Meeting Room 1)

Developing an Action Plan (**Perseverance**)

We will read pages 83-88 of Alcoholics Anonymous 4th Edition (Big Book) starting with "Yes, there is long period of reconstruction ahead. We must take the lead." Hear how the facilitator and experienced OA members use the directions on how to navigate each day to create a daily action plan. "The spiritual life is not a theory. We have to live it." (Gazebo by Dining Hall)

Early Bird Meditation Meetings

Saturday, Sunday 7:00 – 7:45 AM

The meetings will start in the Assembly Hall and may move to another location if desired.

The Saturday meditation meeting will include gentle movement, reading, meditation and sharing.

The Sunday meeting will include meditation, a reading and sharing and the opportunity to hear the tones made by bowls.

Night Owl Meetings

Saturday, Sunday 9:30 – 10:30 PM

The meetings will be on the porch / fireplace on the same floor as the sleeping rooms.

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The Friday night owl meeting will focus on readings and sharing related to letting go of worries and concerns and being present. We will consider how the principle of self-discipline is or could be a loving presence in our lives

The Saturday night owl meeting will include readings and sharing on the principle of humility

Firelight Fellowship

Saturday 8:30 – 9:25 PM

We will have the opportunity to sing a few fun songs around a fireplace and burn anything like character defects or old habits you'd like to release into the fire, hear stories about principles and have fun.

Free Time Options

Saturday 1:45 – 5:00 PM

Nap

Board Games. Some games will be provided for those that enjoy this activity.

Hiking. The center has trails and maps are provided in your packet. Organize a group to hike with you.

Arts and Crafts. Continue working on your book of faith, create a prayer booklet or create your own art with supplies provided by OA members.

Your Choice – write letters to each other, to HP, reflect, prepare to release defects in the fire ceremony, work on steps, read, meditate, whatever!

Fellowship – do step work with each other, share strength, experience and hope

Menu

The following is the menu agreed to by Christmount for our retreat. Cooks are asked to have all foods sugar free including condiments and nut butters and processed meats. Processed meats to be gluten free and to avoid gluten contamination. Foods are to be baked or steamed. Beans prepared without meat.

FRIDAY DINNER

- Baked Chicken Breasts and Thighs
- Quinoa (grainless seed)
- Broccoli Steamed (plain)
- Steamed Carrots (plain)
- Pinto Beans (plain)
- Tofu
- Salad Bar: nuts (raw almonds, sesame seeds), hardboiled eggs, greens, red peppers, onions, cheese, oil, vinegar, sugar free dressing, parsley, cucumbers, carrots, tomatoes)
- Butter/Soy based Margarine / Nut butters
- Fresh Fruit
- Beverages: Sugar Free Lemonade, Sugarless Iced Tea, Herbal Tea, Decaf Tea, Regular Coffee, Decaf Coffee, Water, Unsweetened Almond Milk, Skim Milk, Artificial Sweetener (stevia plus any other type)

SATURDAY BREAKFAST

- Scrambled Eggs
- Turkey Sausage and Turkey Bacon (no sugar)
- Plain Sugar Free Yogurt
- Plain Sugar Free Nut milk yogurt (almond or coconut based yogurt)
- Gluten Free Oatmeal (not packaged, cooked in a pot)
- Walnuts, raw almonds
- Tofu
- Blueberries, strawberries, bananas (fresh)
- Sugar Free Grits
- Whole Wheat Toast
- Gluten free toast
- Soy Based Butter/Margarine
- Fresh Fruit
- Beverages: 100% Fruit Juice, Herbal Tea, Decaf Tea, Decaf Coffee, Regular Coffee, Water, Unsweetened Almond Milk, Skim Milk
- Artificial Sweeteners (stevia plus any other type)

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SATURDAY LUNCH

- Sliced Turkey, Sliced Cheese
- Water Packed Tuna-Mayonnaise on the Side
- Peanut Butter (natural ground peanuts, no sugar or other additives)
- Salad Bar: nuts (raw almonds, sesame seeds), hardboiled eggs, greens, red peppers, onions, cheese, oil, vinegar, sugar free dressing, parsley, cucumbers, carrots, tomatoes)
- Lettuce for wraps for those who do not eat breads
- Vegetable Soup (only vegetables such as greens, summer squash zucchini, tomatoes, carrots, onions (no corn, no potatoes, no noodles or rice))
- Whole Wheat Bread
- Gluten free bread
- Tofu
- Butter, Soy based Margarine Regular and Fat Free Mayonnaise and Mustard
- Fresh Fruit
- Beverages: Sugar Free Lemonade, Sugarless Iced Tea Tea (Herbal & Decaf), Coffee (Regular & Decaf), Water, Skim Milk, Artificial Sweetener (stevia plus any other type), Unsweetened Almond Milk

SATURDAY DINNER

- Salmon (Steamed Fish)
- Baked Potato
- Baked Sweet Potato
- Steamed Vegetables (Kale, summer squash) Plain
- Salad Bar (should include nuts (raw almonds, sesame seeds, sunflower seeds, walnuts, hardboiled eggs, greens, onions, ok to have cheese on side, oil, vinegar, sugar free dressing, cucumbers, carrots, tomatoes)
- Black Beans, Plain
- Tofu
- Shredded Cheese on side
- Soy based Margarine/Butter
- Fresh Fruit
- Beverages: Sugar Free Lemonade, Sugarless Iced Tea, Herbal Tea, Decaf Tea, Decaf Coffee, Regular, Coffee, Water, Skim Milk, Artificial Sweetener (stevia plus any other type), Unsweetened Almond Milk

SUNDAY BREAKFAST

- Scrambled Eggs
- Turkey Sausage & Turkey Bacon (sugar free)
- Plain Sugar Free Yogurt
- Sugar Free Grits
- Gluten Free Oatmeal (not packaged, cooked in a pot)

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- Walnuts, raw almonds
- tofu
- Blueberries, strawberries, bananas (fresh)
- Soy based Margarine/Butter
- Beverages: 100% Fruit Juice, Herbal Tea, Decaf Tea, Decaf Coffee, Regular Coffee, Water, Unsweetened Almond Milk, Skim Milk

OA Promise

“I put my hand in yours and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.”

Serenity Prayer

God, grant me serenity to accept the things I can not change, courage to change the things I can and wisdom to know the difference.

Quotes on OA Step Principles

All quotes are from the following OA literature: Voices of Recovery (VOR) , OA 12 & 12 Second Edition (OA 12&12) and For Today (FT)

Accept our imperfections, too...This is what we are in OA – imperfect but progressing...Let us rejoice together in our recovery. Not only are these words a helpful approach to amends they also help keep me in true **humility**. (FT. p.12)

My **courage** to recover and my experiences in OA serve as an example to those who know me. I represent and carry the message of **hope**. (VOR, p.16)

The self **honesty** this program teaches enables me to trust my perceptions and listen to my feelings. (FT, p.25)

The action of the **program principles** keeps me focused on what is vital for each moment. (VOR p. 334)

Self **honesty** makes me feel good about myself. (FT, p.21)

Self honesty is an excellent treatment for what ails me, especially the destructive emotions of anger and resentment .(FT, p.21)

Trust in my higher power to help me speak **honestly**. (FT, p.49)

There is powerful **hope** in admitting defeat, in giving up my mad exertions to control situations that are not mine to control. (FT, p.3)

From the moment I stepped in the door of my first meeting, OA gave me **Faith** that this program would work for me. (FT, p.76)

Liking myself, as God does, opens new doors, evoke a new spirit that gives me **courage** and makes room for true **humility**. (FT, p.24)

I pray to be **willing** to give up more of my old, mistaken notions that I cling to as absolute truth. (FT, p.2)

With my disease of food addiction arrested one day at a time, I have the **courage** and **humility** to say, “I don’t know”. May I have the wisdom to remain teachable. (FT, p.95)

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As one OA speaker said, “I **love** you: whether you **love** me is beside the point.” For today” Do I show people acceptance and **love** without insisting that they assure me of theirs. (FT, p.45)

We discover a beautiful spirit of caring **service**, which becomes a powerful factor in our healing....giving and receiving support and fellowship with no expectation of return (OA 12 & 12, p.142)

Now with God’s help, we leave rationalization behind and begin to practice **integrity**... We see the part we have played in creating our own misfortunes and realize the futility of blaming others. (OA 12 & 12, p.40)

I experienced a **spiritual awakening** because I put all my doubts and fears aside and placed my reliance on a Higher Power of my own understanding instead of on my distorted self will. (VOR, p.34)

As I began, to the very best of my ability, to practice spiritual principles in all my affairs, miracles of healing began to happen. (FT, p.54)

I am working an honest program while I learn to live with **integrity** and hold my head high. Slowly my will in changing and aligning with my Higher Power’s will, one day at a time. (FT, p.168)

We need to keep moving forward in recovery, keep developing our **spiritual consciousness**, if we are to remain spiritually awake and fully alive. (OA 12 & 12, p.100)

I only need to do my part – to keep an **open mind spiritually**, to earnestly pray for help and guidance when I need it, and to pray with gratitude for what I have received. (FT, p.310)

I am working an honest program while I learn to live with **integrity** and hold my head high. Slowly my will in changing and aligning with my Higher Power’s will, one day at a time. (FT, p.168)

The years of insomnia and nightmares are over because abstinence gives me the courage to be a person I respect and like, the **integrity** to align my actions with my values. (FT, p.118)

I experienced the healing bonds of the fellowship because I attended meetings regularly and became involved in **service**. FT, p.34)

When I remember that my purpose is to allow God to serve others through me, my relationships are easier..life is a joy. I no longer have to control people or situations. I trust God and focus on **service**. (FT, p.227)

My **humility** was born of greater trust in God and willingness to learn a better way of living. Each time I conquer something that I am afraid to do, it boosts my self-esteem and enables me to take the next risk. The combination of abstinence and reliance on God has given me **courage**. (FT, p.336)

As we responded with action to the **love** we had been shown in OA, the result was a new **faith** in ourselves, in others, and in the power of that love. (OA 12 & 12, p.17)

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Persistence has been the key. I've gone through periods of pain, discouragement, and boredom while practicing the program. ..With practice, working the steps has become easier and clearer. (VOR, p.79)

The **hope** and belief that things will get better is not a tangible commodity that I can buy; it is something I must earn. We get what we expect, so 'expect a miracle.' We are all miracles. (VOR, p.139)

Step work is entwined with the **awareness** of intimacy with my Higher Power, with others, with myself. Perhaps this is the reason the entire process is important, not simply the results. (VOR, p.88)

Humility means I recognize and accept myself as an ordinary person. Humility frees me from the bondage of self...**Humility** frees me from my comparisons and self judgments..(VOR, p.264)

It was when I saw that this Fellowship is not "me" and "them" but "us", I found I could do more in both **service** and money than I had pretended I could. (VOR, p.39)

Humbly asking for guidance from the God of my understanding opens the door to His empowerment. (VOR, p.65)

I become more **willing**, stronger, and more confident as God's strength helps me accomplish more than I ever dreamed possible. (VOR, p.265)

..giving full attention and energy to the present moment. **Humility** is trying to do God's will as I see it, to the best of my ability, at all times in all places. (FT, p.119)

Self-discipline makes us less likely to hurt other people and quicker to make amends when we do. (OA 12 & 12, p.86)

Living by **these principles** has saved our lives. We help other OA members most when we listen, avoid giving advice and share our experience with living by **OA principles**. (OA 12 & 12, p.120)

Prayer is the language of **love**. Though I may feel frustrated or angry, I reach out in an attempt to give up my will for God's, my pride for **humility**. (FT, p.62)

No longer can I just do the things I can get away with or that I want to do. I am working an **honest** program while I learn to live with **integrity** and hold my head high. (VOR, p.168)

I like the results I get from **discipline**, but I don't like the pain, discomfort, and patience it requires. That's where I must trust a power greater than myself. (VOR, p.168)

As I practice the **principles of this program**, my capacity for **love** expands. (FT, p.108)

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Love is shown in action: by caring, doing, remembering, listening. **Love** is being strong enough to put one's own problems aside to be of use to another. (FT, p.108)

When I am busy cultivating **loving** relationships, I can easily do without a surprising number of things. (FT, p.208)

The best discipline is **love**. (FT, p.215)

A loving God – as I understand God – does not preach or dictate or threaten. God is my backer, supportive of me, no matter what I do. God listens and accepts me as I am, **loves** me as I am. (FT, p.232)

How do I show **love**? (FT, p.306)

To **love** and feel loved is nothing less than to have a reverence for life. (FT, p.341).

I heard Keep coming back one day, and I made a decision to do just that. If I slipped away from my abstinence, I was determined to “keep coming back” to it. (VOR, p.194)

The decision to “Keep Coming Back” to the principles of our program has led me out of despair and back into the light of recovery. Keep Coming back- it works. (VOR, p.194)

Tapping into **courage** requires only the tiniest bit of **willingness** to change – to take a chance that the literature and people with long term recovery are telling the truth and that we deserve recovery. (VOR, p.295)

I have a Higher Power that gives me everything I need. I am **willing** to continue to cast out old ideas, to keep turning my life to the care and protection of Go. Therein lies **hope**.(FT, p.244)

Hope and **willingness** are the springboards to recovery. The **hope** of being healed of my illness is risk I'm willing to run today and every day. (FT, p.333)

Hope that I could recover gave me the will and the energy to examine ideas that drove me to use food as a painkiller. (FT, p.134)

As I begin putting into practice the **principles of the program**, my first reward is a miraculous, unprecedented peace of mind. (FT, p.355)

Only with **faith** in a Power greater than myself am I not afraid to enjoy what is beautiful and to be happy. (FT, p.157)

There is so much **hope** in OA that it fills and replenishes me if I only go and listen. (FT, p.134)

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If I say I have faith in a Higher Power, I can take the next step and turn my weight over to that Power. I can concentrate on taking action- abstinence and working the steps and leave the results to God. (FT, p.88)

OA has taught me that recovery requires patient and **persistent** commitment to a glorious, but hard, journey...I can drop the self-hate and **humbly** rely on my Higher Power, (VOR, p.2)

I must be willing to ask for help. That's the only way I can practice the principle of **humility** in all my affairs. (VOR, p.143)

Genuine **humility** brings an end to the feelings of inadequacy, the self-absorption, and the status seeking. (OA 12 & 12, p.60)

Humility, as we encounter it in the OA fellowship places us exactly where we belong on an equal footing with our fellow human beings and in harmony with God. (OA 12 & 12, p.60)

Humility..place us neither above nor below other people on some imagined ladder of worth. It places us ... on an equal footing with our fellow beings and in harmony with God. (OA 12 & 12, p.60)

Living by these principles has saved our lives. We help other OA members most when we listen, avoid giving advice and share our experience with living by **OA principles**. (OA 12 & 12, p.120)

The action of the **program principles** keeps me focused on what is vital for each moment. (VOR, p.334)

In OA we learn that our recovery⁷ comes to us through the **principles of the program**, not through personalities." (OA 12 & 12, p.203)

As I begin putting into practice the **principles of the program**, my first reward is a miraculous, unprecedented peace of mind. (FT, p.355)

I pray that I may always seek God's help to move towards the most harmonious relations with others, knowing that my abstinence may hinge on my reaction to life In this moment. The **OA principles** will always lead me in that direction. (VOR, p.52)

Honesty, hope, faith, courage, integrity, willingness, humility, self discipline, love, perseverance, spiritual awareness, service, ...These Twelve Step Principles, rather than our problems, should be the focus over every OA meeting. (OA 12 & 12, p.147)

It is my responsibility to carry the message of the Twelve Steps and Twelve Traditions **principles**. (VOR, p.130)

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If I focus on at least one of the principles, I ensure that I recovery, that I share my recovery with newcomers, and that I contribute to the health and well-being of my group (VOR, p.130)

Practicing **these principles** in all my affairs has not always been easy. I practice first in OA meetings, then with OA friends, and then at work. (VOR, p.227)

It is in the OA message – in our Steps and Traditions – that we find solutions to our problems. Living by **these principles** has changed our lives. (OA 12 & 12, p.146-147)

We discover that we can learn from and work in harmony with people, whose personalities we dislike, as long as we focus on **OA principles** (OA 12 & 12, p.203)

When placing just one of these principles before a challenging personality or situation, I reach a state of **humility** and thereby become “teachable” (VOR, p.319)

Honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness, service (Principles associated with the 12 Steps of OA) (OA 12 & 12)

References on the Principles Collected by a Member

SPIRITUAL PRINCIPLES		SUGGESTED READINGS	
step	Principle	For Today	VOR
1	Honesty	5, 21, 25, 46, 49, 54, 109, 116, 131, 143, 144, 152, 164,181, 184, 197, 225, 249, 260, 281, 285, 315	1, 41, 66, 89, 92, 122, 302, 344, 350
2	Hope	3, 61, 106, 134, 244, 333 10, 16, 55, 68, 109, 139, 199, 236, 277,	10, 16, 55, 68, 109, 139, 199, 236, 277,295, 312, 328
3	Faith	76, 78, 80, 88, 117, 157, 335	9,10, 14, 18, 32, 36, 41, 62, 75, 98, 103,115, 117, 123, 139, 145, 163, 178, 199,240, 247, 255, 277, 303, 337
4	Courage	24, 29, 58, 86, 99, 128, 168, 180, 243, 268	16, 55, 78, 300, 333, 337
5	Integrity		118, 168
6	Willingness	2, 20, 31, 33, 41, 88, 116, 132, 136, 148, 188, 201, 243	10, 35, 45, 46, 49, 70, 80, 85, 215, 237,256, 261, 268, 271, 291, 295, 304, 321,353, 365
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