

The spiritual experiences and beliefs expressed by members of Overeaters Anonymous are as varied as those found in society at large. Some members have spiritual orientations; still others have come to OA with a history of religious conflict or do not accept the concept of God.

Working the OA program of recovery is a highly individual process. We don't all think alike. As stated in The Twelve Steps and Twelve Traditions of Overeaters Anonymous, "Our common bonds are two: the disease of compulsive eating from which we all have suffered, and the solution that we are all finding as we live by the principles embodied in these Steps." This is what unites us in OA. Differences regarding a spiritual concept, or lack thereof, need not keep us from working the program. As the Third Tradition states, if we have the desire to stop eating compulsively, there is a place for us in OA.

From the OA Pamphlet What If I Don't believe in God?