

Is IMMUNITY from the mental obsession and the phenomenon of craving possible?

YES! “Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics.” (*Alcoholics Anonymous*, 4th Ed., p. 89)

How can recovering or recovered OA members work intensively with other compulsive eaters?

Mainly by sponsoring, but also by speaking, making outreach calls, writing for OA newsletters and literature, fulfilling service positions as well as attending meetings with new, relapsing, or returning members. Did you know that there are currently **35** Recovery-from-Relapse weekly meetings listed on OA.org in the U.S.! Here’s an excerpt from the suggested Recovery-from-Relapse meeting format (click on the link below):

“Relapse is proof that we are human and our disease is serious. When treated as a learning experience, relapse does not mean failure. Relapse is not inevitable... We are not meant to work this program alone. Most of us have found it indispensable to call on the support of a sponsor for guidance in working our threefold program of recovery. Sponsorship is one of our keys to success.” [Suggested Recovery-from-Relapse Meeting Format - Overeaters Anonymous](#)

Ask new and relapsing/returning members questions like these so you both can determine if they’re willing to do the time-consuming and hard work of early abstinence and the 12 Steps:

- Am I unable to control my eating once I’ve started and to quit entirely when I’ve stopped?
- Do I feel desperate? Does it seem like my life can’t be managed?
- Do I have any other ideas about what could stop my compulsive eating?
- Do I believe that on my own, my current condition is hopeless and deadly?
- Am I willing to do what my sponsor did to recover? Is there something I’m not willing to do?
- Do I see that probably no human power can relieve my illness? Not even my sponsor?
- Am I willing to believe in some kind of higher power to assist me in recovery?

Accountability is a part of many of the OA Tools. Do you want to get started with being accountable to another OA member? This is a pledge between two OA members to support and be accountable to one another. If you think this agreement could be helpful for you... Click below for a printable pdf.

[Recovery Insurance Policy](#)



This message is from the Region 3 Twelfth Step Within (TSW) Committee, reaching out those who still suffer and address relapse recovery.