

OA DAILY JOURNAL

Who am I and what am I doing?

(Anonymous, North Jersey OA Intergroup)

I am a food addict and I want to recover.

To that end my job today is to trust God, clean house and help others.

*I am powerless over food and my life was unmanageable until I came to believe
that a power greater than myself could restore me to sanity.*

*Today I humbly turn my will, my thinking and my actions (my whole life)
Over to the care and protection of my higher power.*

The OA Promise

(also known as Rozanne's Prayer and the Unity Prayer)

*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 on
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 the serenity to
Accept the things I cannot change;
Courage to change the things I can;
And the Wisdom to know the difference.*

What many of us do not realize is that the Serenity Prayer was written by theologian Reinhold Niebuhr, and has additional verses as follow:

*Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;*

*Taking, as He did, this sinful world
As it is, not as I would have it;*

*Trusting that He will make all things
Right if I surrender to His will;
That I may be reasonably happy in this life
And supremely happy with Him forever in the next.*

Our Task

*"Reviewing our recent behavior, keeping our Higher Power in charge of our lives, asking for guidance,
and promptly admitting our errors, becomes a sane and satisfying way of life.*

(From the OA 12&12, p. 90)

Plan of eating: *Today, extra food is not an option*

Gratitude's: *Today, I thank God for:*

Water: () () () () () () () () () ()

(a grateful heart doesn't overeat)

Breakfast: _____

1. Abstinence

2. _____

3. _____

Lunch: _____

4. _____

5. _____

Snack: _____

Something I like about myself:

Dinner: _____

Something to keep in mind today:

Outreach calls made today _____

Daily Writing: Source: _____ Pages: _____

Evening Review: (or anytime as the need arises)

Today, was I:

Resentful? _____

Selfish? _____

Dishonest? _____

Jealous? _____

Fearful? (1. of losing something? 2. of not getting what I want? 3. of being found out?)

Irritable, restless or discontent? _____

Was I kind and loving toward all? _____

Do I owe an apology? _____

What did I do for others? _____

What could I have done better? _____

What did I do well? _____

Freedom from bondage Prayer: Refer to "Self Will * God's Will" chart on last page:

Grant me freedom from _____ and replace it with _____

Grant me freedom from _____ and replace it with _____

God, I pray for the health, prosperity, happiness and well-being of: _____

All the things I pray for myself, I pray also for: _____

Self-Will:	God's Will
Selfish and Self-Seeking Dishonest Frightened Inconsiderate Pride Greed Lust Anger Envy Sloth Gluttony Impatient Intolerant Resentment Hate Harmful Acts Self-Pity Self-Justification Self-Importance Self-Condemnation Suspicion Doubt	Interest in Others Honest Courage Considerate Humility Giving Care Calm Grateful Action Moderation Patience Tolerance Forgiveness Love Good Deeds Self-Forgiveness Responsibility Modesty Self-Forgiveness Trust Faith