

Witnessing the Promises Come True

A Special Topic Meeting for Overeaters Anonymous



hosted by
the Sunday Recovery Club OA group
(contact: oarecoveryclub7th@gmail.com)

Come to listen and/or share on how Higher Power and working the Twelve Steps has made a difference in your life.

When: Sunday, March 19, 2023
2:00 to 3:30 pm

Where: Vancouver Recovery Club
2775 Sophia St., Vancouver
(Sophia at 12th Ave)
not wheelchair accessible

We would love to hear how the promises have come true or are coming true for you!

The Ninth Step Promises

(Alcoholics Anonymous, pages 83-84)

1. If we are painstaking about this phase of our development, we will be amazed before we are half way through.
2. We are going to know a new freedom and a new happiness.
3. We will not regret the past nor wish to shut the door on it.
4. We will comprehend the word serenity and we will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us-sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Did you know there are promises in the Big Book for almost all the other steps, too?