

Dear Members of Region 8,

Please enjoy this writing by one of our Twelfth Step Within Committee members. We do this as a service to remind us that we need to support each other in OA, especially those who are struggling. Today would be a great day to pick up the phone and call or text someone you haven't seen in a while. As Rozanne's prayer states, "I put my hand in yours and together we can do what we could never do alone..."

Step Four: Made a searching and fearless moral inventory of ourselves.

When I came to OA in June of 2022, I committed to a plan of eating then immersed myself in an intensive step study hosted by my home group. We used the OA Twelve Step Workshop and Study Guide. While I had worked step four several times in another fellowship, being abstinent opened the door to understanding many issues not addressed while in my active food addiction.

Overconsumption of addictive foods had blocked my connection with my Higher Power (HP). With abstinence from my addictive foods, I have a clear, direct connection to my Higher Power, which enables me to fully address and let go of resentments, fears, and other troubling character traits.

For example, I had struggled with a major resentment for many years that continued to plague me. Once I did a fourth step inventory, much was revealed, and HP finally put this resentment to rest. If it ever comes back, I know what to do about it.

Willingness and persistence have been the key to doing a meaningful fourth step. I have to be willing to write down my thoughts and feelings, persistently, until I discover the truth lurking behind them.

I do a fourth step by writing the following:

- 1) What happened or what I am disturbed about?
- 2) What is the cause?
- 3) What character traits are affected, e.g., fear, self-esteem, security, personal relationships, sex relations, and/or pride? Sometimes it is just one or two; other times it might be all six!
- 4) What is my part? I always have a part, even if it is just carrying the resentment or other negative feeling(s).
- 5) What would my HP have me be? What will I think, say, or do next time?

In addition to examining my negative character traits, it is important to acknowledge my positive ones.

Step four enables me to become honest about the wreckage of my past and present, paving the way for future peace, serenity, and a happy, abstinent life.

--Tampa, Florida