

OVEREATERS ANONYMOUS SUGGESTED CLOSINGS

SERENITY PRAYER:

God grant me Serenity to accept the things I cannot change,
Courage to change the things I can,
And Wisdom to know the difference. (1)

THIRD (3rd) STEP PRAYER:

God I offer myself to Thee-
to build with me and to do with me as Thou wilt.
Relieve me of the bondage of self that I may better do Thy will.
Take away my difficulties that victory over the
may bear witness to those I would help
of Thy Power, Thy Love and Thy way of Life.
May I do Thy will always! (2)

SEVENTH (7th) STEP PRAYER:

My Creator, I am now willing that you have all of me, good and bad.
I pray that you now remove from me every single defect of character
which stands in the way of my usefulness to you and my fellows.
Grant me strength, as I go out from here, to do your bidding. Amen. (3)

OA PROMISE:

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 depend upon our own unsteady will power.
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. (4)

OVEREATERS ANONYMOUS RESPONSIBILITY PLEDGE:

Always to extend the hand and heart of OA
to all who share my compulsion:
For this I am responsible. (5)

(1) Reinhold Niebuhr

(2) *Alcoholics Anonymous*, 4th edition, page 63

(3) *Alcoholics Anonymous*, 4th edition, page 76

(4) Rozanne S. 1st Conference International Committee of Overeaters Anonymous 1929-2014. *To the Newcomer pamphlet (1966)*

(5) oa.org/files/pdf/ResponsibilityPledge/pdf