

## **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 each depend
upon 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.

Overeaters Anonymous®, Inc. World Service Office

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