



OVEREATERS Anonymous

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THE 11TH STEP PRAYER /

Lord, make me a channel of thy peace;
that where there is hatred, I may bring love;
that where there is wrong, I may bring the
spirit of forgiveness;
that where there is discord, I may bring harmony;
that where there is error, I may bring truth;
that where there is doubt, I may bring faith;
that where there is despair, I may bring hope;
that where there are shadows, I may bring light;
that where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort
than to be comforted;
to understand, than to be understood;
to love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to eternal life.

Amen.

THE PRAYER OF ST. FRANCIS:

Make me a channel of your peace,
Where there is hatred let me bring your love,
Where there is injury, your pardon Lord,
And where there's doubt true faith in you.

Where there's despair in life, let me bring hope,
Where there is darkness, only light,
And where there's sadness, ever joy.

Oh Master grant that I may never seek,
So much to be consoled as to console,
To be understood as to understand,
To be loved as to love with all my soul.
Make me a channel of your peace,
It is in pardoning that we are pardoned,
In giving to all men that we receive
And in dying that we are born to eternal life.

Amen.