

I Want To Hold Your Hand

(Apologies to Lennon/McCartney)

OA gave me something
I think you understand
When I share that something
I wanna hold your hand
I wanna hold your hand
I wanna hold your hand

We have recovery
We have a twelve step plan
You'll have this recovery
Just let me hold your hand
Just let me hold your hand
I wanna hold your hand

When I am abstinent I'm happy inside
It's such a miracle I know
I can't hide, I can't hide, I can't hide

OA gave us something
And now we understand
To hold on to this something
We gotta join our hands
I wanna hold your hand
I wanna hold your hand

When you get abstinent I'm happy inside
It's such a miracle, my friend,
You can't hide, you can't hide, you can't hide

Yeh, you've got that something
Now we both understand
When we share that something
I wanna hold your hand
You wanna hold my hand
We wanna join our hands
Let's all just join our hands!

Yankee Doodle Dandy

I may go to other meetings •
Cannot talk about it here •
Traditions sometimes take my fun away •
I know what others want to hear.

I've a very special food plan •
All my meals are only soy •

OA members come to me •
Just to hear my wisdom
I know the way to health and joy.

I have done the thirty questions
Could have handled thirty more
HOW and AWOLs and now OA Plus
I love meeting types galore!

We all get to choose our food plans
Women, men, and girls and boys
We OA members came to Philly
Just to hear the message
We have a way to health and joy

When I'm 64

Going to meetings, sticking around •
Many years from now. •
Will I still be working it the best I can •
Being an example •
No flash in the pan

If I went out, stopped working the steps •
Would you lock the door •
Will you still greet me, will you still meet me
At the groc'ry store

You'll have what I need •
And if you say the word •I could go with you.

I could be handy, listening to you •
When your friends have gone. •
You could knit a sweater while the meeting's on •
Drink a coffee 'til it's all gone.

Doing 12 step work, planting the seeds •
Who could ask for more •
Will you still greet me, will you still meet me •
At the groc'ry store

Every weekend we can rent
a stuffy church or basement room, if it's not too dear •
You will heal and thrive.
Newcomers check it out •
Vera Flo and Dave •

Sharing your program, dropping a hint •
Stating point of view
Indicate precisely what you mean to say •
Work the program day after day •
Finding the answer, finding HP •
Yours forevermore.
Will you still greet me, will you still meet me •
At the groc'ry store

New York, New York

Start spreading the news •
Recov'ry today
•I want to be a part of it, OA, OA

Try working the steps •
Throw worries away •
And make a brand new start of it •OA, OA

I want to wake up in the program that never fails •
To find I'm taking step One,
Life on the rails •

I'm taking step three
•Fears melting away •
I'll make a brand new start of it •
I've joined OA.

If I abstain right here
•I'll do it everywhere •
It's up to me, OA, OA.

OA, OA
I want to wake up in the program that never fails •
And find I'm working Step One,
taking Step Three
Using the Tools, living Step Twelve
I'm work all the steps •
Throw worries away •
I'll make a brand new start of it •
I've joined OA
If I abstain right here •
I'll do it everywhere
It's up to us, OA, OA

Take Me Out To The Ballgame

Take myself to a meeting
When the food gets too loud
Give me some hope to keep coming back
Not give in to a snacking attack

For it's work, work, work on my program
A food thought's not a command
For with H.P. showing the way
Peace is close at hand.

Delilah

Gave up the fight on the night that I went to a meeting.
I could recover and food would be put in its place
I found the answer
Food had deceived me but now HP showed me the way
No more overeating
Purging's gone for today
I could see that OA's 12 Steps were for me
I had been lost like a slave that no one could free.

At break of day I would be in my bed overeating.
I crossed the street in bad storms just to buy junk to eat.
I had hit bottom
I gained the hope I had lost admitting defeat
No more overeating
Purging's gone for today
I could see that OA's Steps were for me
I had been lost like a slave that no one could free
I had been lost like a slave that HP could free.

[Dance break]

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I gained the hope I had lost admitting defeat
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I could see that OA's Steps were for me
I had been lost like a slave that no one could free
I had been lost like a slave that HP could free