

AG Ainsworth passed away on June 30, 2007, with 21 years, 6 months, and 22 days of abstinence. He was surrounded by loving family and the prayers of many friends, and he died in sure confidence of his Higher Power's love and acceptance.

In 1961 AG humbly asked an AA friend whether he thought the Twelve Steps might work for compulsive eaters. His friend thought briefly and said "I can't see why not."

From that moment, AG found serenity and abstinence by working the AA Twelve Steps, and he began to invite other heavy friends to his new-found freedom. Within months, there were five groups of Gluttons Anonymous in place around Texas, and many members had found abstinence.

AG worked the whole AA program, traditions and all, and the groups he began did the same. AG lost more than 100 pounds.

At the beginning, AG was unaware of a similar group that began a year earlier in California. The Texas group met the California group, the name was changed, and the worldwide growth of Overeaters Anonymous began to gain steam. In recent years, AG started meetings in Mexico.

Four years after starting OA, AG fell into relapse. For 18 miserable years, he regained his weight and suffered the indignities and pain of weighing more than 300 pounds. In January 1986, he went to a silent retreat and asked to be given strength to try again. He was abstinent for a few days, and then went to an OA meeting in Austin, Texas. He never broke his abstinence again.

At every meeting, before he shared, he said "My name is AG, and I am a glutton and a compulsive eater. If I make today, by the grace of God, and with the help of y'all, today I have x years– y months – and z days of abstinence, and I am deeply, deeply grateful for that recovery." Just like that, every time.

For those who knew him, AG is an irreplaceable personality and source of support. For those who never met him, he is one of those who changed the world by trying something on faith alone, and saved countless lives by his humility, dedication and efforts to be of service.