

THE TWELVE STEPPER JUNE 2005

Published to share recovery and support within the fellowship of Overeaters Anonymous by the Louisville Metro Intergroup.

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The Hope of Life

A Gift of Abstinence

Since I began OA on March 8th of this year, I've only missed two meetings and only because I was too sick to go. I go to a Monday and Wednesday meeting. Last night, we read from For Today. The reading was about abstinence and how it should be the most important thing in our lives and how it can give back our life.

When I was called upon for my turn, I shared my hope of abstinence for giving me back my life. I told my OA family that back in 1999, I had given up on life. I didn't want to live anymore. I wanted to eat myself to death and be done with it. I had a lot of personal turmoil in 1999-2000. Everything kept piling up on me until I couldn't even breathe and I felt I couldn't deal with anything else. "Please just let me die" was my daily mantra. I inherited a situation, and what life I did have became even worse.

When my best friend died last June from a pulmonary embolism caused by her obesity, it confirmed that I could actually kill myself with food. As a result, I gained 35 more pounds to help my cause. Somewhere deep inside me, there lies a survival spirit. She saved me once before in 1989 and rose once more from the depths of my soul in January of this year. I began to desperately seek help.

Finding OA has made a "life or death" difference for me. I know now that I can get the hope, encouragement, and love that I need the minute I walk through the door of a meeting. In that room lies kindred spirits who love, accept me, and understand my pain. They are there for me if I have the courage to reach out for them. I share my hope with you because I want you to find your own survival spirit and get your life back from this terrible disease.

I give thanks daily for the guidance of my higher power, bringing me "home" to my OA family. I know the life He has given me is a life worth living.

- Donna P., Louisville

FOOD FOR THOUGHT

"Having the miracle of abstinence from compulsive overeating and not sharing your recovery with others is like climbing up into a tree house and pulling up the ladder."

Anonymous



KEEP IT BY GIVING IT AWAY.

God or Food?

I'm at the retreat as I write this, on the last night before going back to face the "real" world. I've learned so much from Harlan, the retreat leader, that it's almost too much to absorb. But the one thing that stays in my head constantly is, "You're either going towards God or you're going towards the food." It's such a simple concept that I never considered. I've been resting on my laurels, cutting down on meetings and service, not reaching out, reading, or writing. I've been telling myself, "Maybe it would be okay to eat this thing again." No wonder I'd been struggling. When I thought I was had stopped, I was actually making a beeline towards the food. Thank God I didn't continue my slide. I need black and white when it comes to my recovery. Grey areas give me way too much wiggle room and my self will runs riot. I'm either working the program or I'm not. I'm either abstinent or I'm not, which for me includes behaviors as well as foods.

The black and white approach makes me fearful about doing the work it takes to recover. I can make so many excuses for why I can't. I never seem to be as quick to realize what will happen if I don't do it. I WILL DIE. That is pretty black and white! In fact, it's life or death. Which do I choose today? With God's help, I choose life – I choose to do the work – I choose recovery. Thank God for OA.

A gratefully recovery food addict and compulsive overeater

Thanks to the many volunteers that helped make The Steppin' Together Through the Big Book Retreat a success and to everyone that attended (that's service too!)

Welcome new Twelve Stepper editor Loxi! Thanks for doing this service. Send all articles to Loxi:

298-5584 or loxajm@hotmail.com

Step 10

I've only been in OA for a short time. In the past 5 months I have listened, read, prayed and gotten a sponsor. I am happy to say that OA has won me over. I know that I have no other choice. Even though I haven't officially completed this step, it is very much a part of my everyday life. A quick inventory is how I stay emotionally balanced. By admitting my shortcomings and taking responsibility for them, my emotions stay in check. This way I am less likely to turn to food for comfort. When I take responsibility for my mistakes, situations don't fester into resentments and anger. Step 10 helps to keep my spiritual house clean. The Big Book says that I should make an honest assessment of my shortcomings, admit when I am at fault, and forgive when the fault is elsewhere. Just to think that I have learned to forgive is a big step for me. Also, I am learning to accept people for who they are. The best part of this step is that every night when the day is done and I say my prayers, my slate is wiped clean. I start everyday with a clean slate. OA has given me a true gift - a program that works!

- Vicki

RETREAT FOLLOW-UP MEETING All OA members welcome!

Saturday, July 16th 2:30 PM to 5:00 PM

Bardstown Road Presbyterian Church
(Fellowship Hall)
1722 Bardstown Road, Louisville KY

2:30-3:30 PM---- Life after Retreat
3:30 PM Fellowship Break

4:00-5:00 PM-----Mini-Sponsorship Workshop

*Volunteers needed-phone Sherrie Hyman @
502-262-7396*

Is it Odd,

Or

Is it God?

