

Reading from Voices of Recovery May 18

This is a powerful reading for me and I wanted to share my writing on it.

I love this page. It is folded over not just the upper corner, but also the lower corner. I do not remember what my belief system was when I came into OA. The first piece of literature I bought for 15 cents, titled "Act As If." If you do not believe, believe that I believe was the internal message. I took it and held this passage close to my heart. Back in 1983, there wasn't very much sold on the literature table, as OA hadn't printed a lot of stuff. I started to believe when I read page 30 from the AA Big Book daily and it hit home. I also kept in mind a book I always read to my children called The Little Engine That Could. I could. I could get abstinent. I could stay abstinent. I would say, like the little engine: I think I can, I think I can, I think I can. Childish? Absolutely, but I had to do lots of childish things to get out of my head this won't work, nothing ever worked. This program is different.

A long time ago, a member who was leading a 12 promises step study heard me speak and said all he heard coming out of my mouth was negativity. If he heard it, then my brain heard it. Basically negative thoughts lead to negative actions. Not for me anymore, I have become a very positive person and happy with the results. I announce every day to G-D that I choose to be happy. Please put people in my life to support my happiness.

This program is different So another saying I love to repeat is: I can, I will, end of story. For me with my addiction, I state I can be abstinent, I will be abstinent, end of story. Whatever it takes. There was hope at my first meeting and I continue to hear joy, peace and hope at all meetings.

Sometimes there are tears, but I get through them as it is part of life to go through the good, the bad, and the ugly. Once I accepted life on life's terms, life became easier. In the Serenity Prayer, things is the key word. I am changing, so do the things, along with my serenity, my acceptance, my courage, and the wisdom I have received in my journey. I believe. Please have the belief that you can too.

Roz S