

Writing about May 18, Voices of Recovery

I love this page. It is folded over not just the upper corner but also the lower one.

I do not remember what my belief system was when I came into OA. I had failed in so many diets. The first reading I purchased for fifteen cents was a reprint from some magazine, called Act As IF. If you do not believe, believe that I believe was the internal message. I took it to heart. I started to believe when I read page 30 of the big book, daily, so I kept getting the same message. I also kept in mind a book I always read to my children, "The Little Engine That Could". I could. I could stay abstinent. I would say, I think I can, I think I can, just like that little engine. Childish? Absolutely, but I had to do lots of childish things to get out of my head that this too would not work. Nothing ever worked. This program is different. So, another saying: I can, I will, end of story.

**I can be abstinent.**

**I will be abstinent.**

**End of story.**

Whatever it takes. There was hope at the meetings. There was also joy and peace, and sometimes tears, but I got through them all. 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", but I have gained serenity, acceptance, courage and wisdom. I believe. Please have the belief that you too can.