

A sponsee this morning, after reading this page, who has heard me state I got abstinent on the first day, and never believed it was possible, finally understood it was because of the speakers and the words of hope I heard. I get something from each messenger G-D has sent. Sometimes I am the messenger. Sometimes I have to listen to myself to find the solutions that are hidden.

There is no denial that Overeaters Anonymous is a lifesaving program. I am not the person I was when I walked through the doors of OA. I listened and really heard the messages. These people were like me. They understood me and I learned I wasn't alone. I heard that I had a disease of fear, doubt, and insecurity, that had manifested itself in the way of compulsive overeating and it was not a moral issue. I could give up the shame and blame I had all my life. I am so very grateful to those who shared their lives with me. I pass on my strength, hope, and experience to others so they too can live a better life.

Thank You G-D for giving me these people, thank You G-D for taking away what needed to be removed, and thank You G-D for loving me as I am.

Roz