

I am in OA because:

1. No diet, medication or promises to myself to be "better" ever worked.
 2. I no longer need multiple sizes of clothes in my closet; the ones I have always fit.
 3. I am not a slave to the scale any more and can go weeks without jumping on it and praying not to be shamed by the number I see.
 4. It's the one daily reprieve that effectively quiets my disease (yes, it *is* a disease--in fact, the only one that talks to me, saying I don't have it).
 5. I have quit the debating society when offered a gooey, frozen or greasy-salty-crunchy "treats"; instead, I easily can say, "No, thank you" without regret or feeling deprived.
 6. I get to live happily, joyously and freely between meals, and have stopped trying to fill the hole in my soul with ever-increasing mounds of junk food.
 7. I have a God that wants only good things for me today, even though I don't comprehend what "It" is or how "It" works.
 8. I fill my days in retirement by taking care of my recovery--going to meetings reading program literature, writing about questions from my meditation books and doing a lengthy Step Ten letter to God, talking in person or on the phone/texting/e-mailing with other program members, sponsoring, going to meetings, following a written or mental action plan, doing service in several ways, practicing anonymity, and praying/meditating.
 9. I exercise moderately 3-4 days a week just to stay fit, unlike in the pre-recovery days when I was a dogged exercise-bulimic every day in an attempt to keep my excess weight from hiding my belt.
 10. I make an effort to speak to others, share at meetings and in private and make myself available to help the still-suffering compulsive eaters, but only when asked and only after reminding myself to be humble.
 11. Whenever I have a chance, I tell others what I'm telling you now: I much prefer to face my stuff than stuff my face.
 12. And, first and last, I adhere to a healthy plan of eating without snacking between meals, as I committed to my sponsor many decades ago (I learned when I entered the program that my disease never takes a day off, so I cannot do that either...unless I choose to return to the misery of compulsive overeating, which, for me, is suicide on the installment plan).
- Yours in Fellowship,

Gil P.

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