

I had heard about Step 1 from my dearest friend several years before becoming aware of Overeaters Anonymous. She was in Al Anon and quite active. I needed to know why my life had become unmanageable. I also put a Step 0 before my study of the twelve steps. Step 0 is used to stop the pain. I never felt I fit into any group. I entered program with fears, guilt, shame and resentments. I needed to work on these negative feelings as well as reducing my body size and to learn how to keep my size smaller. I was willing to do whatever was asked of me.

I did find G-D as my Higher Power and talk several times a day to G-D, beyond my formal prayers in the mornings and evenings. I listen to the quiet messages I receive from G-D. I ask for help with my challenges and decisions to help me get through the day. I always question myself before making decisions: how will this affect my recovery? I do not rush into any decisions, unless I am comfortable. I ask G-D to show me the way. I am not alone anymore. I have G-D beside me and inside me.

I have a favorite psalm: " My G-D, the soul You have given me is pure. You created it. You shaped it. You breathed it into me, and You protect it within me. For as long as the soul is within me, I offer thanks before You." Before my meditation begins, I announce "breathe in G-D, breathe out the world." I say it about four times and end with breathe in G-D. This mantra helps me spiritually, which was never part of my life, prior to Overeaters Anonymous. Daily, I ask G-D help me to remember I am a compulsive overeater and to help me put down the substances and quantities which are harmful for me today. I can honestly say I am peaceful in my complete abstinence: physically, emotionally and spiritually.

Roz S.

Fort Myers, FL, formerly of Boston area

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