

Looking Forward

On January 8, 2007, I pulled into my driveway, planning my binge. For the first time, a voice said to me, "Why do you continue to punish yourself?" This was a spiritual awakening, and the first time I realized I was punishing myself with food.

At the time, I had little understanding of food's effects on my body, mind, and soul. I knew only that I was powerless over sugar and needed to let it go.

I committed to getting a sponsor by the end of the month. On January 23, I heard her chair a meeting. I asked her to sponsor me on January 25.

I started by calling in my food plan each day and emailing my food each night. Sometimes, I didn't know what to eat and called my sponsor. Other times, I didn't reach out and the disease won.

I've worked Steps One through Six and have learned so much: how food affects me, how to work through fear, and how to trust another human being the way I trust my sponsor. Being meeting secretary keeps me coming back.

My top weight was 222 pounds (101 kg). Today I'm maintaining a 47-pound (21-kg) weight loss. At first I struggled with calling myself a compulsive overeater, but once I realized this was my disease holding me back, I began to state it out loud.

I'm grateful to be abstinent and to have a sponsor who is abstinent. I've learned food is not my Higher Power, and I am a compulsive overeater.

I'm looking forward to the year ahead, one day at a time.

- Lifeline, November 2008



Inspiration

I'll be okay because God has given me a lot of tools to help me accept the changes as they occur.

> - Lifeline, July 1989



A Call To Service

Anonymous says, "Service to the Overeaters Anonymous program, as well as service to the other people in my life, helps me put Step Twelve into action."

How will you serve this week?

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