

Pam - My Miracles of the Program

I'm Pam a Grateful compulsive overeater. I have been given the freedom from sugar for 21 years. What a miracle, my first one. When I arrived at OA I was angry at life. I listened to the long timers and worked my steps. I wanted the peace they had and with God's help I had a Spiritual Awakening and I changed. My children and their spouse's like the Pam that OA and God have created.

Six years ago I lived in fear of what was wrong with me. I was walking from side to side like a drunk and wetting my pants. I drove very carefully because if the police stopped me I knew I could not walk a straight line. I went to a local neurologist and he was puzzled by me. I talked to God and turned my problem over to him. The fear would return some days but mostly it was gone. Then I went to a neurologist in Iowa City. He did not know what was wrong either. I finally went to the Mayo Clinic where I had my answer.

As bad as my diagnosis was, the not knowing was worse. I was told I have Multi System Atrophy (MSA). It attacks the involuntary system, such as speech, bladder, legs, and is now starting in my hands. This disease is very rare, 1 in 150,000 get it and it is found mostly in men. I was also told that in five years, 80% of the people would not be able to take care of themselves and in 10 I could die. I am happy to say I can still do some things for myself and walk short distances with a walker. Thankfully, I'm in the 20% group. I credit this to the prayer I have gotten inside and outside OA. I have been humbled and I have learned patience - depending on other people will do this. Miracle number two.

God does have a sense of humor. He has given me a laugh that sounds like a seal. I love to talk. Now I have to write my thoughts down instead of talking. I can't write as fast as I can talk. This makes me listen more.

I have been given my third miracle - time. I have been given the gift of holding my first grandchild.

I have a husband who loves me. He told me we are in this MSA together and he is in it for the long haul. I am so blessed. This is my fourth miracle.

I am very grateful for this program and the life it has given me.