

The Miracle that Keeps on Giving

My name is Michele and I'm an abstinent COE, gratefully recovering just for today. I have been in program and abstinent for over 9 ½ years through two abstinent pregnancies and am maintaining over a 180 lb. weight release for over the last seven years.

As many of us do, I truly came in to the program for the vanity and stay for the sanity. Of course I do not ever wish to "find" that 180+ lbs. again, nor do I wish to feel that self-loathing, humiliating, and depressed self I have carried around for over 32 years.

This program has given me so many incredible blessings and it continues to each and every day I take the time to look for them. Some days they are like a burning bush, other days they are no more than seeing a beautiful flower. All of them are miracles to me and for that I thank my higher power.

I never knew what a higher power was. The Big Book suggested that I choose my own higher power. I'm now able to seek a spiritual aspect of my recovery and I call my HP, God. I always thought of god as a punishing god, not one who loves me for who I am and accepts me with all my assets and character defects; who will love me no matter what. I do my best on a daily basis to make a conscious contact with him and each day that I do, my day goes better than I could ever imagine or plan. The more I give my life over to god, the better off I am.

The promises of this program, as listed in the Big Book, are indeed coming true. I cannot keep this miracle if I do not also give it away. I was "sponsored" into service early on in my recovery and it has helped to boost my recovery to a new level. Each time I give service, I tend to get back even more than I gave. How can one not want these miracles in their lives? I will admit that it is simple, but it is not easy. However it keeps me abstinent, it keeps me alive and it keeps me wanting more and more of this amazing recovery program! Do service and see how much you can get back too!

Michele M