

The Miracle of Recovery

I got abstinent, by the grace of my Higher Power, on August 3, 2006. I was three weeks shy of my 25th birthday, 244lbs and miserable. My descent into addiction was more of a rapid free-fall. I was by no means normal; I struggled with a nearly life-long sense of inadequacy, perfectionism and fear. But I *was* a normal eater. I could enjoy food and then stop. I was normally weighted. But, somewhere between ages 20 and 21, I ceased being able to stop. I gained nearly 100 pounds in less than a year.

I went to my first OA meeting in 2004. I received a copy of an article from the *Star Tribune* that spoke of a “disciplined, structured approach.” I also read about some of the weight-loss people had achieved in this program. Let’s be honest: I wanted to be skinny and the people in this article were losing weight. I didn’t really care how they were doing it. I attended about a month of HOW-format meetings, but I was not ready. How do I know I was not ready? My big sticking point was wedding cake. I wanted to be able to eat my own wedding cake, and this program wouldn’t let me eat wedding cake. I left, sold the literature I purchased and was resolved to fix this food thing for myself. I wasn’t that bad.

Two years later, I walked back into that same meeting, broken, defeated, demoralized and willing. I didn’t care about wedding cake, about the possibility of having to weigh and measure food in public, I didn’t care that I would have to call someone and commit my food every day. I cared that there were people in that room who were skinny, happy and joyful—three things I was not. I came to OA to get skinny. I have received so much more.

By working the OA program (and for my personal recovery, the HOW format of the OA program,) I have been given a transformed life. I have a renewed and amazing relationship with my family. I have become an aunt in program and my niece and nephew have never had to know their aunt in addiction. This is priceless to me. I have great friends, a fellowship of people who care about me (and who I actually care about too!) I have a deepening relationship with my Higher Power and have been given the opportunity to do service on multiple levels (group-level, Intergroup and Region.) And what is the best part: that much-desired wedding cake? The one that was so important that I “couldn’t” work this program? Today, I can say from the deepest core of my being, with all honesty, there is no wedding cake on *EARTH* that would make me give up what I have received because of recovery in OA. Talk about a miracle of recovery!

Keep coming back! It works when you work it! PLEASE JOIN US!

Katy B