

Defining Moment in Recovery

I have been a member of OA since the fall of 2009. Within the first year I found a food plan I could live with and a wise and caring sponsor, took on a service position, went to meetings regularly and stayed connected via telephone. I did have initial physical recovery, about half way to my goal weight, and there it stopped.

Since that first year, I have not stopped doing any of those things. I work the steps on a regular basis with my sponsor through the 12-step workbook. I have sponsees of my own. And yet... and yet.... My weight has not changed since that initial weight loss. I recognize that is no small accomplishment. Just to maintain this weight loss for this length of time is a gift of the program that I was never able to accomplish for decades previously as I stumbled from diet to diet, to pills, to hypnosis, to weight loss clubs, to whatever crazed "guaranteed" weight loss fad was making the rounds that month.

Through the OA 12 step approach I was learning to do the foot work and leave the outcome up to God. I believed wholeheartedly that this was not a diet and calories club. I do not own a scale and am not obsessed with a number.

And yet ... and yet ... as the months and years have gone by, as the meetings piled up, as my service work increased, as I shared deeply, honestly and often with my sponsor, my clean team, reaching out to newcomers, taking the phone list and on and on, I could not completely silence that little voice inside that whispered to me ... What about those promises; freedom from obsession, the lifting of compulsion? What about the physical recovery which is as much a part of OA as spiritual and emotional recovery?

Then one day I was at a meeting where we were reading the 8th step which talks about a complete willingness to make amends and also to forgive ourselves, which is essential to our recovery. I had been holding onto a resentment about a hurtful relationship from decades before. I was unwilling to even consider making amends or forgiving this person. That day in the meeting I had an epiphany. It felt like a thunderbolt going through my brain. I was stuck on this anger and blame and unwilling to get past it.

Perhaps that was why my weight did not budge, no matter what tools I used. If I couldn't let go of attitudes that were holding me back from recovery, why did I think I could let go of weight? Was I really practicing the principles in all areas of my life? Was I just picking and choosing what was easiest and most comfortable for me to do and then getting mad at H.P for not coming through on the promises? I was willing to leave the outcome up to Him, up to a point, but the clock was ticking and I had a reward coming, didn't I?

It was shocking for me to see how conditional all my involvement in recovery really was. As long I as I have not forgiven people who have harmed me, my recovery could not progress and that was why I was stuck. As it says on page 72 of OA 12 & 12, "Whether it takes us minutes or hours, we finally see that there is a limit to how much we have been hurt. Our grievances are only so big and no bigger. The hurt has a beginning and **it can have an end as well** (emphasis mine)."

That day in that meeting, reading those words was a defining moment in my recovery.

F.G.

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