



The Gifts of the Program

The Roving Reporter asks...

What gifts have you received from the program?

I guess one of the biggest gifts of the program would be the connection with my HP. When I first came into OA, I knew that I believed in God and yet I really did not know how to share a relationship with my HP. I felt an empty space there....like something was missing.

Today, that space has been filled, but not to capacity. I still would like to have more of an ongoing "chat" with my HP, in addition to my twice daily prayer sessions.

One of the other gifts of the program related to connecting with my HP would be the practice I've been lead to of meditation and journaling. It is during those times of silence that I receive the nudges I need from HP. The more that I practice meditation on a daily basis, the more it helps me to be more aware of my HP communicating with me. I believe that it says in the Big Book that upon beginning our day, we ask that our thoughts be guided, and so forth. I think practicing the 11th step has truly helped guide my thoughts and growth in the program. Melissa H. :-)

Better health in all areas....and, without question, the greatest gift of all is a rekindled relationship with the God of my understanding. Brian G.

I have been in program since February 14, 1997, abstinent since January 15, 1998. I hated myself, my life, my body, everything and everybody. My manifestation of this disease is mainly in bulimia. I binged and then threw up for many years. After two years in this program (1988-90) I left to because I still thought I could control my life and my binging and purging. After no longer being able to purge by vomiting, I began to use laxatives. One day I overdosed on the laxatives and soiled myself before I made it to the toilet.

My abstinence is the most important thing for me each day because without it, I have nothing and nobody. I was not shown what love is in my family of origin, but I was shown what love is in the rooms of OA in the form of many loving, recovering, and accepting people. I have friends, am training to once again walk a half marathon, have a sponsor, sponsor others and work the steps with them. I am learning to have a voice but be okay if people disagree with me. The secret is that today I love myself and don't depend upon others to determine my self worth. I keep coming back into the rooms of OA to grow and learn to become an adult. Today I am happy, joyous, and free of the compulsion to binge and purge. I am forever grateful." Love, Sarah G.

I've received the gifts of love and acceptance and the realization that I'm OK just as I am. Mary K.

