

I live in the space of thankfulness, and I have been rewarded a million times over for it.

Prior to finding OA I did try to live each day as positive as possible, but it was very hard to see the good in things. Especially when I couldn't stop overeating. At this second anniversary of my abstinence and as I reflect back on this year, I can see how I've grown spiritually. I know it's because I started giving thanks for the small things, and the more thankful I became, the more the rewards increased.

Not only have I remained abstinent, but I have gained true serenity.

That's because what I focus on expands, and when I focus on the goodness in my life, I create more of it. I feel so blessed to have found OA and the relationships I have formed. It is only through OA that I have learned to be grateful no matter what happens in my life.

"SAY THANK YOU!" Say thank you all throughout your day and you will see the difference these two words make.

These words have turned my life around. This past summer my husband had a problem with his heart and was in the hospital for nine days. Every time I got in the car to drive home I cried. Then after crying I would start thanking God for all the good things that were happening in the hospital and that we were blessed for the good care he was getting and the great doctors he had. And, that if He chose to take my husband, He would help me accept it. Today my husband is doing great.

I say thank you because my faith is strong and I know that whatever the problem, I will get through it.

I say thank you because I know that even in the eye of the storm, God has put a rainbow in the clouds.

I say thank you because I know there's no problem created that I can't find the good in through my Higher Power.

SAY THANK YOU!

Each day I pray to be a better person, to be kinder and more loving and more tolerant of others. Every day I thank God for the wonderful life I have, even if it wasn't so wonderful that day. I pray for Him to help me heal my relationships that are broken, and to take away my resentments. This area of my life is getting better every day. I pray for him to remove my defects of character and, of course, I pray each day for him to help me remain abstinent.

When I do my 10th step inventory at night and think back on my day, this gratitude helps me to look at my day differently.

And all by just saying THANK YOU. K.K.