

## *Freedom*

Today I don't pray for what I want, I pray for what I need. Some times I want extra food or foods that have no business in my program! It is at these times that I must remember that I only want these things, I don't need them. What I need is abstinence so I can get on with my life, so I can free lots of time for living, free from the time consuming obsession of food addiction.

## *We Ate Because...*

- We ate for happiness and became unhappy;
- We ate for joy and became miserable;
- We ate for sociability and became argumentative;
- We ate for sophistication and became obnoxious;
- We ate for friendship and made enemies;
- We ate for sleep and awakened without rest;
- We ate for strength and felt weak;
- We ate for relaxation and got the shakes;
- We ate medicinally and got health problems;
- We ate for bravery and became afraid;
- We ate for confidence and became doubtful;
- We ate to feel heavenly and ended feeling like hell;
- We ate to forget and were ever haunted;
- We ate for our freedom and became slaves;
- We ate to erase problems and saw them multiply;
- We ate to cope with life and invited death.

## *My Wish For You*

May you be granted all the things you need to have.

May you bloom in your recovery.

May you realize who you really are for that moment and be able to truly love that person.

May your path become clear to you-in your relationships, talents, creativity, and continued spiritual growth.

May you have wonderful companions in life.

May you know and appreciate your parents, siblings, and other relatives.

May you have a "host of friends".

May you not compulsively eat for today.



## *Abstinent Sandwich*

Take two clouds  
Stick a piece of sky between  
Garnish with the sun  
Eat until you float bright yellow.

## *Praying for Strength*

Lord, grant me the strength that I may not fall  
Into the clutches of cholesterol.  
At polyunsaturates I'll never mutter,  
The road to hell is paved by butter.  
And cake is cursed, and cream is awful,  
Satan hides in every waffle.  
Beelzebub is a chocolate drop  
And Lucifer is a lollipop.  
Teach me the evils of hollandaise  
Or pasta, and gobs of mayonnaise.  
And crispy fried chicken from the South-  
If you love me, Lord, please shut my mouth.

## *Meal Time Prayer*

Dear God,

Please come between me and my food before my food  
comes between me and You.

Amen

## *Freedom At Last*

A sliver, a slice, a slab, a slob  
A slave to food which made me a blob  
I ate and ate every bit of glob  
Whether it was cake or cookies or corn on the cob  
I ate with Ted and Carol and Alice and Bob  
We found eating together was our only job  
I ate alone and I ate with a mob  
I ate and ate till I did sob  
Watching TV, don't touch that knob  
During every commercial the fridge I would rob  
Then I found OA and said with a nod  
Abstinence today, turn it over to God.



## *For Strength*

Thanks be to God for food to choose  
and for the courage to refuse;  
Show me that I'm the one I defeat  
when I give in and overeat.