

Not Perfect

"Sometimes we fail to be all that we could be, and sometimes we aren't there to give you all you need from us. Accept our imperfections, too. Love and help us in return That is what we are in OA - imperfect but progressing. Let us rejoice together in our recovery..." -Overeaters Anonymous Second Edition pg. 6

Yes, sometimes I fail to be all that I can be and I imagine I am not always there for people but I do always feel loved and cared for in my fellowship. Thank goodness that I do not have to be perfect and that I am allowed to accept myself finally for where I am right now no matter how much I weigh (which by the way, I have no clue as I stopped that obsession as it is one of my disease behaviors) and no matter how perfect my program is. Thank goodness I have a sponsor who is kind and understanding and gets me because she has gone through the steps before me, and thank goodness I always have a home to go to when I walk through the doors of an OA meeting no matter what state I'm in.