

## Too Much God?

Fellowship of the Spirit is from page 164 of Alcoholics Anonymous, Forth Edition.

When I first came to read the Big Book of Alcoholics Anonymous, I felt I was a garden variety, run of the mill agnostic.

Definition:

a person who holds that the existence of the ultimate cause, as God, and the essential nature of things are unknown and unknowable, or that human knowledge is limited to experience.

Synonyms: [disbeliever](#), [nonbeliever](#), [unbeliever](#); [doubter](#), [skeptic](#), [secularist](#), [empiricist](#); [heathen](#), [heretic](#), [infidel](#), [pagan](#).

Doubter, Skeptic, depending on my own self knowledge, that was me.

I was raised in a Roman Catholic home of many generations. Father Italian, Mother German, Scottish. I studied the Catholic doctrines and attended church every Sunday for many years. I have heard people say "force fed" God.

My concept of God at that time was "I am going to Hell." Heaven was unattainable for me. I turned away and really stated to fit the definition of an agnostic. However, I always had a weak argument for an existence of the ultimate cause, as God, and the essential nature of things.

Step 3: Made a decision to turn my will and my LIFE over to the care of God, *as I understood him*.

When I came into the rooms of OA, I still had this conception that God was black or white, heaven or hell. Not until I read the Alcoholics Anonymous Chapter "We Agnostics" was I able to finally come to believe in a "Creative Intelligence, a Spirit of the Universe underlying the totality of things". Because of my experience with God, and as I now come to understand him, I have been able to open my eyes to this total power outside of myself which I can tap into.

Too much God today? Is that possible? I smile. Page 46 from Alcoholics Anonymous reads: "We found that God does not make too hard terms with those who seek him." I never sought God, I was terrified of God and hid in the food for a very long time. And because I was so "over medicated" on my alcoholic foods, and was compulsively overeating I could not even bring myself to reach out for a relationship with God.

Today I practice daily, often multiple time a day reaching out to God asking for guidance. My life has changed, and it has changed quickly. I followed the steps in the first four chapters of Alcoholics Anonymous. The solution to my overeating and my compulsive food behavior is there. I look forward to reading Chapter 5 "How it Works" starting now!