

Voices Of Recovery, March 17

“The insanity of trying to fill the emotional emptiness and the spiritual void with food consumed me.”

“...a humble thankfulness that the craziness of my life managed to take the path that led me to God and to my daily recovery”

I am grateful for the OA program, for our Hillsborough group, for my sponsors, for phone meetings, and for the sanity comes with the promises of the program.

I am grateful for remembering recently to rollout of bed, get on my knees, and ask my Higher Power for an abstinent day. And to ask “What do you think I should do?”

It works if you work it. One moment at time. Ask your Higher Power – what is the next right step. Keep your Higher Power with you throughout the day.

Hope this help!