

Writing from the Saturday Carteret Meeting

FOR TODAY, March 28, 2015

Question: How can I become more willing to let God orchestrate my abstinence, my weight change, and my life?

I can stop hopping on the scale, trust my food plan, weigh and measure, quit comparing my body to other people's, and allow my body to be what it is in each moment. Trees do not fret over the size of their trunks or limbs. They simply do what they are supposed to do and be. A quaking aspen is not comparing itself to the mighty oak and feeling poorly about its skinny trunk. Nor does the oak complain about the size of its trunk and heavy limbs. They grow how they grow, not trying to be any different.

I do not come from a family of willowy people We are shaped more like barrel cactus than willows. I must accept that I am what I am. I follow my food plan and leave the results up to God. Trusting God has worked in all other areas of my life – work, love, family, health – so why not allow that same trust to be in charge of my weight and body shape.

If I do what I believe to be correct and I believe it's correct because I've sought HP's guidance and the guidance of my sponsor, then I need to leave the results to God. Acceptance and surrender are key, even where my weight is concerned.

- Woodbridge, NJ