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| **Looking UP** | | |
| **Tri-COunty Intergroup Article Archive** | | |
| Safe Haven   There is a presence and power of God within the walls of an OA meeting. I find fellowship and acceptance that I do not find anywhere else. It is a haven, a safe place, where I can share my deepest and darkest thoughts and my gifts of abstinence and miracles. It is a unique environment. I can attend a meeting and not say a word and I will be accepted. I can attend a meeting and pour out my pain and be encouraged. I can attend a meeting and share my abstinence and God’s blessings and be understood.    In OA, I have an extended new family. Where else can I laugh as I talk about my insane behavior when it comes to food and behavior with others? I ate out of the garbage. Shocking? No, smiling nodding faces let me speak without interruption. I went to the store at 2 a.m., bought bags of candy and vegetables so the cashier wouldn’t judge me, only to devour the candy in the car on the way home. I slept with food in my bed. Surely no one else did that! I am wrong again, as I see the knowing grins around the room. I consciously started arguments with my spouse to trigger a reaction so I justified eating my secret stash of binge food? Again, silent, knowing acceptance from my new OA friends.    Knowing that the presence and power of God is within an OA meeting helps me trust the strangers around me. It took me years, but breaking my wall built out of unmet expectations of others, fear of rejection, mistrust of myself, God and every other human being began when I became willing to work the Steps and attend meetings to listen and believe in the restoration of sanity OAs lived. | | |
| When I attend a meeting and say, “Hi, I’m Karin, and I’m a compulsive overeater” I am identifying myself as a member of the group. The response, “Hi, Karin” reassures me that I am accepted as part of a group. Before OA, I was a loner. I did not love myself or anyone else. I expected perfection of myself and others. Doing it alone always separates me from God and relationships.    On vacation, I visited an OA group. Instantly I felt a sense of belonging, a warm acceptance. I listened to the pain and miracles of recovery from people I had never met before. I have spoken with OAs via telephone meetings and members living around the world, from Dubai to New York City. How comforting to know that these people care about my recovery and are willing to give service!    Community. Without knowing it, I have become a participant in a worldwide, Higher Power inspired group of wonderful giving people. I am no longer the outsider looking into the window of a world I did not belong. I no longer lie to the world, saying I’m doing just fine, then binge alone and wallow in self-hate. I am traveling this road of recovery with others, finding a safe room when I need rest.    Why can’t I recover on my own willpower? “…We were never meant to face this disease in isolation” (OA 12 &12, p.16). I have found God and God with skin on in OA.  **Karin W.**  **South Hills Group**  **Looking UP Apr 2015** | | |
| Suggested Tags | Safe Harbor, Community, Family, A We program. | |
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