

We are in a 5 minute meditation. Stay tuned...

March 1

All things are possible until they are proved impossible—and even the impossible may only be so, as of now.

Pearl S. Buck

If I set my sights short with the thought that weight loss is enough, I may never live life to its fullest, enjoying its pleasures and gifts. I was not meant to live in spiritual poverty. God's gifts are mine for the taking, to be kept only by sharing them with others.

If today it seems impossible to be free of my most deeply-rooted faults, I accept that reality only for today. Tomorrow takes care of itself, and there is every reason to believe all things are possible. Have I not received gifts I once thought were impossible?

For today: If abstinence with peace of mind and physical wellbeing is possible, can anything be impossible?

Optional Question: In what ways is abstinence bringing me abundance beyond my wildest dreams?

We are in a 5 minute meditation. Stay tuned...

March 2

*He prayeth best, who loveth best
All things both great and small
For the dear God who loveth us
He made and loveth all.*

Samuel Taylor Coleridge

Prayer is the language of love. Though I may feel frustrated or angry, I reach out in an attempt to give up my will for God's, my pride for humility. Prayer is recognizing healthy qualities as well as defects. Prayer is the power ready to be tapped by an open mind. Prayer turns my thoughts toward, instead of against me, showing me that I want to change.

I pray to see those defects and self-deceptions that keep me from being spiritually whole. I pray for the clarity to see honestly, to be rid of illusions.

For today: A loving heart makes its own prayer; and prayer makes for a loving heart.

Optional Question: What are three things I can do today to deepen my prayer life?

We are in a 5 minute meditation. Stay tuned...

March 3

It is when we try to make our will conform with God's that we begin to use it rightly.

Bill W.

It is easy to confuse certain desirable attributes with undesirable ones. To have humility, for example, does not mean to feel inferior. On the contrary, it means feeling equal—neither less nor more worthy than anyone.

The same is true of willfulness, which I have often confused with determination, perseverance and individualism. The latter are qualities belonging to people who think and act in a balanced, rational, adult manner. Self-will is an infantile expression of omnipotence, the delusion that I can force life to be exactly as I want it to be. That is the insanity of compulsive overeating.

Seeking to conform my will with God's is what restores me to sanity. It gives me abstinence, peace of mind and freedom from obsession.

For today: To know what God would have me do is my first priority, for that knowledge smooths my path and frees me to live with energy and love.

Optional Question: How can I seek to fulfill God's purpose for me on this day?

We are in a 5 minute meditation. Stay tuned...

March 4

Those undeserved joys which come uncalled and make us more pleased than grateful are [the ones] that sing.

Henry David Thoreau

It is a sudden pleasant turn of events, a delightful surprise that makes me know again that God works in mysterious ways. In times of despair, a friend happens to call. When I'm shopping for just the right gift, a totally unexpected suggestion presents itself. What I need most comes my way, but in a different, and far better, form than I could have imagined. Again and again I see the work of a Higher Power in my life. God's way is smooth and uncluttered. It is my will that is the stumbling block. When I overcome my need to control every event, every minute, my day is an adventure. Who knows what undeserved joys will come my way?

For today: I do not have to think about tomorrow or yesterday or brood about how things should be. God is directing this show, and I don't want to miss my cue.

Optional Question: What could happen if I let go of control and let today be a wonderful surprise?

We are in a 5 minute meditation. Stay tuned...

March 5

Nothing contributes more to peace of soul than having no opinion at all.

Georg Christoph Lichtenberg

An oldtimer spoke on opinions at a meeting and this is what she said: “I had a great many opinions: ‘advocates of positive thinking are stupid; there’s nothing in this world that justifies optimism or cheerfulness; there is definitely no God. ’I held onto these opinions, stoutly defending them as my disease progressed. In the end, there seemed to be nothing good anywhere, no satisfaction in anything except food.

“That was the bottom I had to hit before finding OA. I was one of those hard-nosed ones who got zapped right away with a spiritual awakening. As a result, I quit the debating society and put aside my opinions. I can’t describe to you the peace of mind I’ve had since then.”

For today: A peaceful soul is more important than having opinions.

Optional Question: What opinions am I holding onto that are keeping me from a fuller life?

We are in a 5 minute meditation. Stay tuned...

March 6

Let him go where he will, he can only find so much beauty or worth as he carries.

Ralph Waldo Emerson

I know what “geographical cures” are. I have taken some. Wherever I went, I ended up the same way: in the despair and degradation of compulsive overeating and the attitudes that go with it.

Today I am worth enough to give myself the best—the best thought, the best care. I guard my abstinence and my program as though they were my dearest possessions—and they are. Wherever I go, I expect good, beautiful and worthwhile things, and I find them. I treat myself and others with respect, and I do not react in kind to people who behave badly toward me. My self-worth comes not from others but from myself, from caring about my own opinion and about what I do and say.

All that I am and hope to be comes from giving myself the time—and the patience, compassion and understanding—to grow.

For today: Caring for myself is the best way I know to care for others and to find the good in everything.

Optional Question: What actions can I take to care for myself on this day?

We are in a 5 minute meditation. Stay tuned...

March 7

Those things are dearest to us that have cost us most.

Michel de Montaigne

I paid a very high price to get to OA, and my life of abstinence and sanity are worth more to me than anything. But it is easy to forget. The lonely days of compulsive overeating can become hazy and I can get caught up in the cares of a day, running here, going there. It is easy to drift into old habits and thought patterns that block my usefulness to myself and others. I need to remind myself that the OA program is one of action: going to meetings, working the steps, making twelfth-step calls—all part of my life of abstinence and sanity.

For today: There is nothing in the world I would take in exchange for what I have in OA. I go to any length to keep it

Optional Question: What thoughts and behaviors can I ask God to help me overcome so I can be more useful to others as well as to myself?

We are in a 5 minute meditation. Stay tuned...

March 8

Silence is the perfectest herald of joy: I were but little happy if I could say how much.

William Shakespeare

There are many in OA who are known to be working a good spiritual program, maintaining abstinence and normal weight—and who are neither on the “speaker circuit” nor among those who always volunteer to pitch at meetings.

Their silence does not disparage in any way the sharing of their more articulate fellow members. It is simply a fact, one which enlightens us with the understanding that we can be “happy, joyous and free” and communicate that condition not through words but in that unmistakable glow found in the beautiful faces of recovering compulsive overeaters.

What we *are* does indeed speak louder than what we say.

For today: It is not necessary to describe my happiness; it is enough to feel it. My family, friends and fellow OAs will know it from what I do and say in going about the everyday business of living.

Optional Question: How can I better accept that for today I am enough, just the way I am?

We are in a 5 minute meditation. Stay tuned...

March 9

The real fault is to have faults and not to amend them.

Confucius

Anger, resentment, jealousy, envy, as Bill W. states in the Big Book, “are dubious luxuries of normal men.” For me, a compulsive overeater, they are poison. With defects unattended, the insanity of compulsive overeating returns and that is death, spiritually and emotionally if not physically. Have I been careless with my program? Do I get into ego-driven arguments? Do I sulk in silent scorn? Am I quick to criticize with a biting tongue? These are dangerous traps. They can destroy my ability to think or act with purpose.

I know that change is possible, that I do not have to live with these crippling defects. I have steps to follow, and they lead to freedom.

For today: I am ready to change—to be rid of the faults that are hampering my recovery.

Optional Question: Where am I still reluctant to go to any lengths to achieve the fullest possible recovery?

We are in a 5 minute meditation. Stay tuned...

March 10

Life is not so short but that there is always time enough for courtesy.

Ralph Waldo Emerson

There is love in courtesy. It says I care about others' feelings, that I wish to contribute to their comfort and wellbeing.

Above all, courtesy is treating people as I would like to be treated. I can be courteous, even when I am angry or hurt, without compromising what I believe is right. Courtesy has nothing to do with right or wrong; it has everything to do with self-respect, which is the wellspring of respect for others.

It is as important to show courtesy to children as to adults. Courtesy is taught at home by parents who act courteously toward their children. There are many benefits in showing children courtesy, beginning with the self-esteem it helps build in them.

For today: Acting with courtesy toward myself and others contributes much toward feeling good about myself, and enables me to share it with others.

Optional Question: To whom have I been discourteous lately, and what can I do about that today?

We are in a 5 minute meditation. Stay tuned...

March 11

When old words die out on the tongue, new melodies break forth from the heart; and where the old tracks are lost, new country is revealed with its wonders.

Rabindranath Tagore

What new territories have opened up for me since I came to OA? Abstinence is a country whose beauty and variety I could not have imagined in my most indulgent dreams. Here, I am at peace with myself and with the world. I am free of food obsession, self obsession and other forms of mental enslavement. My words and actions reflect a balanced, rational mind, free of delusion. Dependence on a Power outside myself has released me from the whims and caprices of a hollow independence. Without erasing the past or ignoring the future, I am living in and enjoying every minute of the present.

That is the new vista that opened up for me when I came to OA and let myself be persuaded to give up old answers, old ways of thinking and acting.

The new melody in my heart is the most beautiful sound I have ever heard.

For today: The process of recovering in OA is a journey from which I never want to return. I am open to the vistas that unfold today.

Optional Question: What new vistas am I able to see since I came into OA?

We are in a 5 minute meditation. Stay tuned...

March 12

What loneliness is more lonely than distrust?

George Eliot

I didn't call it distrust, but what else kept me always on guard, saying only what others wanted to hear, often doing nothing for fear of displeasing? I walked on timid feet.

The door to trust opened when I took the first three steps: the minute I gave it to God, the compulsion was gone. Today I am open to the wisdom, integrity and strength of others, inside and outside OA. Because I trust the OA program, my whole attitude and outlook has changed.

When I am disappointed in a meeting and wonder, "Is this all there is?" I accept it as part of living. Far from making me lose faith in the program, my restlessness reminds me of what life was like before OA. I may not always find what I want there, but my trust that OA meetings are where I need to be is as unshakable as my trust in the principles of the program and my trust in God.

For today: Trust is freedom from fear, which is one of the promises of the program. To become more trusting, I can devote part of this day to writing on my experiences in this area.

Optional Question: Where is my resistance to trust most evident?

We are in a 5 minute meditation. Stay tuned...

March 13

We do not see nature with our eyes, but with our understandings and our hearts.

William Hazlitt

Logic is all very well for the world's business, but it has little to do with living. Life defies logic. Figuring-out has no place in growth. Reasons and rationalizations are what I used to indulge my disease of compulsive overeating.

Today I rely on intuitive feelings—not to be confused with self-centered emotions such as anger and jealousy—to tell me about things outside myself. What does a newcomer need to hear? How is an old friend doing? What words do I say to someone in trouble? What need can I fill? Intuition goes far beyond words; it comes from compassionate perception, which is one of those gifts from my Higher Power that increase as I pass them on.

For today: I trust an intuitive feeling, rather than weigh and measure facts and sides.

Optional Question: Where is my dependence on logic hindering my ability to trust my intuition?

We are in a 5 minute meditation. Stay tuned...

March 14

Nothing can bring you peace but yourself.

Ralph Waldo Emerson

Like it or not, I am part of a world that searches after possessions and prestige as if they are the key to happiness. Owning certain luxuries is called “living well.” But is it, really? Living well is an internal condition, not an external one. It means feeling good about myself. If I rely on something outside myself— possessions, people, places—the good feeling can be taken away as easily as it is given.

I want my feeling of worth to come from within, my place in the world to come from being at peace with myself. That is what the twelve-step program promises, and delivers. The inner peace I achieve as I grow in the program enables me to provide for *all* my needs.

For today: I cannot will myself to have peace of mind, but I can re-examine my priorities. Am I putting enough time and effort into activities that nurture my spirit?

Optional Question: To what spiritually nurturing activities can I devote more time and energy today?

We are in a 5 minute meditation. Stay tuned...

March 15

*Habit is habit, and not to be flung out the window
... but coaxed downstairs a step at a time.*

Mark Twain

The story is told of the newly self-aware member who, wanting to be rid of a particularly troublesome defect, prayed, “God, please give me patience—*now!*”

Waiting for what I want is difficult. That’s why all the magic diets and quick weight loss schemes had so much appeal for me. I wanted to be rid of my excess weight *now*. I didn’t want to hear about the dangers of crash dieting or its shortlived results.

In OA, change comes from the inside out. Eating is moderated to a satisfying, healthful intake that becomes part of a new way of life. Where once I made graphs and charts projecting the rate and amount of weight loss over the weeks and months, in OA the weight takes care of itself.

This process works equally well on habits I want to be rid of. I subject them to the OA program, one step at a time, and gradually they loosen their hold and fall away. I am not the same person I was when I came to OA.

For today: There is help in the OA program for dealing with habits I wish I didn’t have. Am I using that help?

Optional Question: How can I use the OA program to help me overcome habits that inhibit my usefulness?

We are in a 5 minute meditation. Stay tuned...

March 16

Nothing in life is more wonderful than faith—the one great moving force which we can neither weigh in the balance nor test in the crucible.

Sir William Osler

I never saw it, touched it, smelled it, swallowed it with water or had it injected into me with a hypodermic needle. But it brought about what no pill, no shot, no book, no lecture, no prayer had ever been able to do. It broke my compulsion.

“It,” of course, is faith. From the moment I stepped in the door of my first meeting, OA gave me faith that this program would work for me. I *believed*, against all the odds, that it would work—and it did.

My faith in the power of the twelve-step program is stronger than ever. It has never failed me, and it will not fail anyone who can put aside doubt.

For today: Compulsive overeating is no match for the twelve steps. There are people who need to hear that, both in and out of OA.

Optional Question: What role did faith play in my life before OA, and what does it mean to me now?

We are in a 5 minute meditation. Stay tuned...

March 17

Abstinence is as easy for me as temperance is difficult.

Samuel Johnson

Deciding I'm going to have a binge tonight and then quit is like saying I'll be green-eyed today and go back to being blue-eyed tomorrow morning. As crazy as that sounds, it's what I did before I came to OA. Against all the evidence, I thought I could handle an occasional pig-out, as many noncompulsive people do. I stubbornly refused to recognize the difference between myself and the nor-mies: *I could not stop*. As one OA put it, "First there was the Friday night eat-all-you-want plan, which quickly became the weekend plan, which quickly slopped over into Monday and Tuesday, which then swallowed up the entire week."

For today: As a compulsive overeater, it is far easier for me to abstain from overindulgence in food than to try to become a "normal" binger.

Optional Question: When I am tempted to believe my disease, what can I do instead?

We are in a 5 minute meditation. Stay tuned...

March 18

To stand on one leg and prove the existence of God is a very different thing from going down on one's knees and thanking Him.

Sören Kierkegaard

I was sure I would never believe in the existence of God unless someone could prove it. No one has proved it yet, but spiritual awakening in Overeaters Anonymous makes such proof unnecessary. Thanking God every day is as necessary for me as breathing.

Though my understanding of God may change, it would make little difference to my practice of the twelve steps. Whatever my concept, I would still give everything to God: my worries, my fears, my shortcomings, my family, my friends, the state of the nation and the world. Does this mean I can now lie back and do nothing? Far from it. Turning over my anxiety about the things that concern me allows me to take effective action where I can. I do what it is possible for me to do and let God handle the rest.

For today: I need no proof of God's existence to say Thank you for my abstinence and my freedom from compulsive overeating.

Optional Question: What can I do today to express my gratitude and faith in God?

We are in a 5 minute meditation. Stay tuned...

March 19

It is frightful not to live.

Victor Hugo

When responsibilities press heavily, I tend to hoard my spirit, hang onto fear and act as if worry will improve my life. But today is all the time I have to live. It is not the “rightness” of conditions that determines whether I live life today. It is my attitude.

I have it within my power to give up worry, chuck my image like an old shell and release that fresh and joyous spirit I know is there. My frowning facade hides wonderfully free and uncomplicated thoughts, a warm and caring person.

For today: Am I really like the image I have of myself? It's time to find out.

Optional Question: If I "relax and take it easy" - no matter what - what could I discover today?

We are in a 5 minute meditation. Stay tuned...

March 20

Failure is impossible.

Susan B. Anthony

The Big Book says, “Rarely have we seen a person fail who has thoroughly followed our path.” The word *rarely* has been questioned, but the reason for its use seems obvious: making arrogant claims violates the most fundamental principle of the twelve-step program.

Yet, few in this program would deny that whatever one believes to be possible, is possible. To begin the program with a feeling that I will fail is to hobble myself cruelly and almost certainly guarantee failure.

Those who set forth in the belief that failure is impossible have vastly superior forces on their side.

For today: This program works for everyone who wants and expects it to work.

Optional Question: When has believing in the possibility of being abstinent enabled me to stay the course to better times?

We are in a 5 minute meditation. Stay tuned...

March 21

*Is it so small a thing
To have enjoyed the sun
To have lived light in the spring
To have loved, to have thought, to have done?*

Matthew Arnold

Is a day important only if it is filled with big deeds and heroics? I used to think so. Today, I consider a day well spent if I have enjoyed something I once took for granted. How wonderful to feel good, physically and emotionally; to notice things I never saw before. *Were there always flowers by the side of the road here?*

Today I feel exhilarated when I see a self-defeating habit go. I sense a new strength in myself when I risk closeness, when I give up prescription thinking for my own thoughts.

All these wonders, and more, make it a perfect day today—a day without the escape of compulsive overeating, a day to live life as naturally as can be.

For today: There is time in my day to stop and take notice of what is around me: the air, a fragrance, a sound. For one minute I can forget what I have to do and let myself feel the moment with all the intensity of my being.

Optional Question: When is the last time I laughed with joy? What can I do to increase the chances of that happening today?

We are in a 5 minute meditation. Stay tuned...

March 22

Great perils have this beauty, that they bring to light the fraternity of strangers.

Victor Hugo

Before finding OA, I could not have imagined entering a room full of strangers and telling them how it feels to be a compulsive overeater. Feelings may be freely expressed in group therapy, for example, but if I am the only compulsive overeater in the room, I am a stranger to the others. The great peril I face is something they do not share and can never understand.

That is why, in their divinely inspired wisdom, the founders of Alcoholics Anonymous struggled to keep AA for alcoholics. As Bill W. pointed out, all we have to share is our experience; what we have not experienced, we cannot share.

For today: The great peril of compulsive overeating makes sisters and brothers of all of us in Overeaters Anonymous.

Optional Question: How can I express my appreciation to the many sisters and brothers I have found in OA?

We are in a 5 minute meditation. Stay tuned...

March 23

We don't love qualities, we love persons, sometimes by reason of their defects as well as of their qualities.

Jacques Maritain

To love the whole person is not the same as thinking, “So-and-So is fine, but...” I may sometimes wish friends could be free of certain shortcomings for their own sake, but it is those very defects, mixed in with their fine qualities, that make up the total personality of those who are dear to me.

Do I really accept people's defects or do I secretly demand perfection, going from person to person in a futile search for the ideal friend? This is a question I must consider carefully, for the answer shows not merely how I feel about others, but how far I have progressed toward self-acceptance.

For today: Recognizing that I still have a tendency to expect perfection in myself and others is a good beginning in letting such expectations go.

Optional Question: Of whom am I critical, and how can I come to love that person today in spite of his or her perceived faults?

We are in a 5 minute meditation. Stay tuned...

March 24

“Mad” is the term we use to describe the man who is obsessed with one idea and nothing else.

Ugo Betti

I did not like the term *insanity*. A weight problem, yes. But I knew that if I could only find the right diet, the right doctor.... Like many an addict before me, I had to try “by every means of self-deception and experimentation” to prove myself “the exception to the rule.” Until I was ready to give up the excess food, which I thought I needed as much as I needed legs to walk on, nothing could have brought me to OA.

“But we will be restored to sanity” when we are ready.

I’m ready. To live a life of bleak and lonely addiction is no longer for me.

Yes, I am a compulsive overeater. Admitting it is the first step to freedom.

For today: Am I willing to admit, deep down, that I’m like other compulsive overeaters? There is unimaginable freedom in that admission.

Optional Question: What would my life be like if I let my Higher Power free me completely from compulsive eating and disease-ridden thinking?

We are in a 5 minute meditation. Stay tuned...

March 25

We would often be sorry if our wishes were gratified.

Aesop

An OA saying that cautions against foolish and excessive desires is: “Be careful what you pray for; you may get it.”

A woman who shares that view told of needing plastic surgery after losing more than 200 pounds. In arranging for a face lift, she decided to go for a perfect nose while she was at it, even though she had always been pleased with her nose. To her complete horror, the new nose turned out to be a disaster—a far cry from the “perfect” nose she had envisioned and decidedly worse than the old nose.

There is little this OA would not give to have had her wish for a new nose rejected.

For today: Though my wants far outstrip my needs, I know that sanity and balance for me is to bring them even.

Optional Question: When did I regret getting what I asked for? When was I pleased to get what I needed instead of what I asked for?

We are in a 5 minute meditation. Stay tuned...

March 26

Courage is resistance to fear, mastery of fear—not absence of fear.

Mark Twain

As a small child I was afraid of the dark. I outgrew that particular fear, but not the underlying reason for it: fear of the unknown. As exciting as new ideas, new challenges may be, there's always that hesitation to jump in.

Sometimes it's very hard to overcome the fear. It takes courage to do a fourth-step inventory, to look at and admit my worst faults, to confide in another human being, to make amends. I stall for time, putting aside what I'm afraid to do, trying to muster my courage.

But in the end, I do it. I dare to push past the fear because I want what the AA founders promise, and because I believe them when they say that "half-measures availed us nothing."

For today: There are things I'm still afraid of and perhaps will always be afraid of, but I have overcome fear before and will again.

Optional Question: When the unknown stares me in the face, what can I do to move through the fear?

We are in a 5 minute meditation. Stay tuned...

March 27

We feel and weigh soon enough what we suffer from others; but how much others suffer from us, of this we take no heed.

Thomas à Kempis

Do I have two sets of rules: one for me, another for you? A double standard allows me to rationalize and excuse my behavior. Other people's rules—well, they ought to know better. People know how sensitive I am, how hurt I'll be.

When I use others to vent my misery, I am acting in the same sick way I did when I was practicing my compulsion. Those who love me unconditionally will forgive me, but I do myself no favors by whitewashing the matter and letting the real problem go unattended. The outlook for recovery begins to brighten when I can say, "If I make allowances for myself, I will also make allowances for you." With progress toward sanity and balance, each of us can treat the other as we want to be treated.

For today: When I start to rationalize some shady behavior, I ask myself, "If someone else did this, would I make the same excuse?"

Optional Question: What childish or dishonest behaviors am I stillmaking excuses for today?

We are in a 5 minute meditation. Stay tuned...

March 28

On action alone be thy interest, never on its fruits.

Bhagavad Gita

Why am I still obsessed with weight? I'm abstaining, I'm trying to work the steps; but I can't give up the scale. I'm terrified to stop the constant monitoring of my weight. What if I gain? How will I know it if I don't weigh?

The problem is, I'm trying to work this program without giving up control. But is that possible? The first three steps make it clear that those who wrote them, and millions who followed, proved they could only recover by letting a Power outside themselves regulate their unmanageable lives.

If I say I have faith in a Higher Power, I can take the next step and turn my weight over to that Power. I can concentrate on taking the action—abstaining and working the steps—and leave the results to God.

For today: If I stop “supervising” my weight loss, it will be taken care of— in God's time. I pray for the willingness to do that.

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

We are in a 5 minute meditation. Stay tuned...

March 29

It is impossible to begin to learn that which one thinks one already knows.

Epictetus

An OA member gave away a fifth step to her group one day. She told about secretly rejecting the idea that she, a deeply religious person and longtime churchgoer, could learn anything about spirituality in OA. She felt the steps said nothing she did not already know about maintaining a relationship with God. After a brief period of abstinence, she began overeating again, blamed the program and left. She returned almost a year later feeling utterly defeated, and found her attitude had changed. It was as though she was seeing the first three steps for the first time.

“When I put aside what I knew,” she said, “I suddenly saw what I had missed by closing my mind.”

For today: Do I take advantage of opportunities to learn, even though I may know a good deal about a subject?

Optional Question: How has closed-mindedness impeded my recovery?

We are in a 5 minute meditation. Stay tuned...

March 30

Anger is a short madness.

Horace

I have to be careful about my attitude toward anger. I know that it is healthy to “own” my feelings—to admit to myself that I’m angry as a first step in dealing with that powerful and destructive emotion. It takes time to find balance, however, and sometimes I swing wildly between extremes. When I explode at someone, I feel out of control; but the program gives me a path to follow: I can make amends. When I lack the courage to express my anger, I can write about it or talk it over with someone, and then forgive myself.

The amazing thing is that, as I grow in this program, I find less and less to be angry about.

For today: Sanity is not how well I can hide my anger; it is having *no need* to react to people, places and things by becoming angry.

Optional Question: The next time I get angry and feel out of control, what actions will I take to restore balance and serenity?

We are in a 5 minute meditation. Stay tuned...

March 31

The only way to predict the future is to have the power to shape the future.

Eric Hoffer

In the days when I was a practicing compulsive overeater, I could not predict my behavior. I went through life a sliver, slice and slab at a time, thinking, *This time I will control it.* But it is not controllable, not predictable. That is the disease of compulsive overeating. Powerless to carry out my good intentions to eat only certain amounts, I found myself unable to manage other aspects of my life as well.

Though I have come a long way, I am not cured. I have a daily reprieve that, by enabling me to abstain today, restores to me the power to become the person I want to be.

For today: I turn my life over to my Higher Power and in return I receive the full use of my God-given potential.

Optional Question: What can I do to fulfill what I perceive as God's purpose for me this day?

