

The holidays can bring up mixed emotions, of present and past! Of being at my childhood home with my parents and nine siblings, celebrating the joys of Christmas. Of the years with many nieces and nephews added, along with brother-in-laws and sister-in-laws also added into the mix. Dreams of days gone by and hope for new traditions. It's been making adjustments with the loss of one parent, and then another.

As a compulsive overeater, emotions were a trigger for me to stuff my belly with food. To overindulge in sweets. I would eat over feelings of loss or just missing people in my large, extended family. I am single. Living on my own. Sometimes, the depression got very low. But, in joining Overeaters Anonymous, I have found a fellowship so that I am not alone.

OA has taught me to take one day at a time! To plan my meals healthily and to have a plan of action for the day, which also includes exercise. I keep a food journal and stay in contact with my OA sponsor, who encourages me. In OA, I have lost over one hundred pounds. Doing it one meal at a time, one day at a time.

Each day is planned out as much as possible, asking for God direction along the way. An important lesson in OA is that we are never alone. We have our Higher Power by our side guiding our way. We also have the fellowship of the OA program all around us. We can call other OA members, text, email or go on zoom meetings.

My holidays are something I can look forward to again, having gone through some transitions of mind, body, and Spirit. I may sing of a "Blue Christmas", but with my HP by my side and OA in my tool bag, I've got what it takes to make it a Merry Christmas, once again.

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