

My story

I first joined OA in 2016, my journey began while lurking around on OA meetings on Facebook. Luckily when I finally reached out to a Sponsor, she began to sponsor me right away and gently encouraged me to attend meetings too. There happened to be a face-to-face meeting quite close to my home and I attended meetings there.

This was NOT a secular meeting but, right from the start I was told about the We Agnostics chapter and about using the program itself as my higher power, which worked for me.

I have been an overeater/binge eater for as long as I can remember. My first big weight gain was at age 8. I spent the summer with my grandparents and came back FAT, although I didn't know it until a family "friend" yelled out as we entered the public pool deck "suck it in Esther!" - which I needed to have my mother explain to me...

I lost that weight naturally with growth and kept it off throughout my teen/young adult years with exercise, but still tended to overeat, particularly sweets and creamy foods.

After my first pregnancy, the weight came off naturally but after my second pregnancy and all the overeating I did throughout it, I went to a dietician and lost the weight through exercise and diet. But after my weekly weigh-ins, I would load up at the store on "forbidden" foods and have a nice binge.

So, two pregnancies later, I was about 70 lbs overweight when I came to OA, after trying various diets and programs, as many of us have.

A while after joining OA I came across secular OA, and obviously that changed things for the better. Attending meetings online with like-minded people and reading what other secular folk share about the program has impacted my own program in a powerful way.

I have had 3 sponsors so far in OA, none of whom come from secular OA, but they have luckily and lovingly accepted my point of view. I myself am now sponsoring two people, both are in secular OA, and it is so helpful to have all of the resources from the secular OA website to help guide us.

- Anonymous