

Our Journey

by Erin Z., OA member
erin_mail@mindspring.com

When you acknowledged that truth about yourself
that had previously been unspoken
that you were a compulsive eater

In that moment, on that day
there was finally

quiet

But with that truth embraced
did you hear the clamoring of
a million other new questions?

Was the surcease of pain
drowned in the bewilderment of
what's next?

All the questions came rushing in
pouring
pouring
pouring
filling the giant hole of the unknown

But there was a glimmer
a something that had never been there before

This time
you bobbed to the surface
you could breathe
and
the world looked different

The assumptions
that you had made about yourself
that others had made about you
that you had made about them

All were rocked

Those that were untrue lost their foundation and tipped and fell
some making giant splashes with waves of water
that rushed over your head

and you came up choking and spluttering again

But the truth inside you that you had discovered
that you knew deep inside
on that truth
you bobbed to the surface again and again

And you breathed
with that truth
you learned to ride the waves

Now on the surface of this ocean
no longer panicked and drowning
no longer alone and lost
you discovered others
on the surface of this ocean too

They showed too you how to ride these waves
and then
and then!
to your amazement
you discovered there were people on the shore watching you

Witnessing you
seeing you
celebrating you
in love with your beauty

You discovered a new family
with all joys and ties and connections
and all the efforts and struggles and energy that family takes

For ties that bind can pinch as well as pull up
but those pains
those pains were okay
those pains were bearable

Those weren't pains that tore down and took away
those were the pains of expressing your strength
of living your new truth
of being with new family

And now you....I....we
ride the surface of the ocean
together
thank you
thank you for being my family