

# In Loving Memory of Helen V.



A beautiful soul, a wonderful friend and the embodiment of love, service and the St. Francis prayer, our friend Helen's journey on earth was completed Thursday night.

It would be hard to be in OA without knowingly or unknowingly having been touched by Helen. Her service work in the community, in her church and in OA were unparalleled. She gave and gave to those she loved and we were a very big part of her life and her heart.

Helen was one of us. Her struggles were our struggles. She had her own unique story and path to recovery. For Helen, that was never a lonely path. She embraced everyone in OA and ensured that newcomers had a person to connect to and accurate information about meetings to attend. Our hotline callers were lucky to have such a caring person to answer their calls.

Helen found a home in OA and welcomed us all into her home. Like the beautiful tree in front of her always hospitable home, we nested in her heart. Her roots supported us, her branches connected us and her spirit sparkled through the highest leaves kissed by the glistening sunshine. She was firmly connected, emotionally and spiritually, always "praying with her feet." Her door and her heart were open. She held more gatherings than friends with far larger and fancier places and we were far more comfortable in her cozy home than any other.

She exemplified the power of connection and caring, supporting two smaller daytime meetings for many years through thick and thin. She cared about OA and Intergroup and the recovery of her fellows, never giving up on us, even when we floundered and almost gave up on ourselves. She hung in there and encouraged us to stay as well, particularly her beloved sponsees and Intergroup.

Helen is irreplaceable. As an OA member, Intergroup stalwart, a friend and a great human being, she is the gold standard. Our gift and our treasure. May we honor her memory and follow her example in service and love and a life well-lived.

Perhaps right now an eating-disordered person has found their way to our doors because of the light Helen shone and the spiritual home she left behind. Maybe a child has been born to carry on her legacy of light and love?

Helen, you've done so much good. Your beautiful soul deserves to rest in peace.

Goodbye sweet friend. We will love and cherish you forever...