

COMING UP in the  
February Lifeline,  
understanding  
diversity in OA.

# Lifeline 2015 Weekly

Vol. 6, No. 3 Jan. 19–25

## When You're Ready

Where else can you go and be told, "Go at your own pace" and "Easy does it"? In OA we have no time schedule. You get your abstinence when you're ready; you take the Steps when you're ready; you come to know your Higher Power when you're ready.

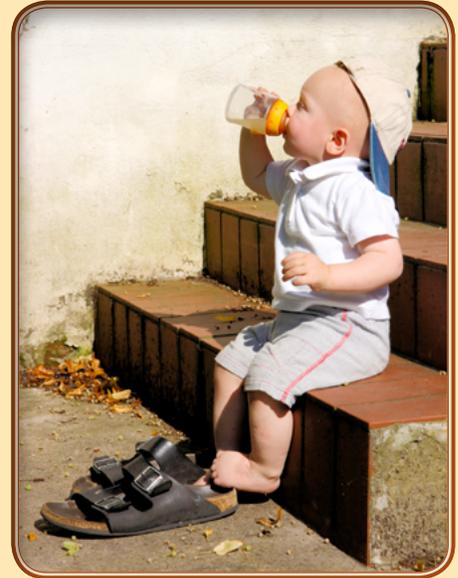
I am a slow learner in OA, so I am thankful there is no pressure. I was glad to hear one is considered a baby in the program for the first five years and that slow growth is good growth. I believe that. Like a baby, I have crawled, walked, stumbled, picked myself up, and tried again. After seven years in program, I'm still here, learning and recovering one day at a time.

Always I have felt the support and love, truly unconditional love, of my OA friends. Unfailingly, I have heard what

I needed to hear, starting with "Keep coming back." I believe this is the most important OA suggestion of all. Recovery starts when we come to our first meeting. So what if we failed the first, second, or twenty-second time? We are not on a time schedule. We will never graduate.

So keep coming back. It works.

— Lifeline, May 1983



## Inspiration

Even when I experience days when I don't feel deeply satisfied, I still give thanks to my Higher Power for this moment in my spiritual journey.

— Lifeline,  
December  
1997

## OA SPOTLIGHT

Got recovery?  
Tune in to monthly  
virtual workshops free!  
See [Datebook](#) on [oa.org](#)  
for instructions to join  
live or listen later at  
[oa.org/](#)  
[oapodcasts](#).

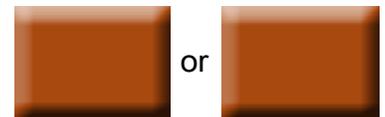
## A Call To Service

Anonymous says, "One week the longing for isolation and food called to me, but I had the literature in my car. I remembered how important that literature was to me as a newcomer. I went to the meeting, and the miracle of service saved me."

*How will you serve this week?*

## Want to read more?

Subscribe to e-Lifeline!



Already a subscriber? Pass  
Lifeline Weekly on to OA friends  
and encourage them to subscribe!