

COMING UP in the
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the role of Lifeline
magazine in recovery

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Weekly

Gentle, and Full of Grace

Today marks fourteen years of OA Fellowship for me. At age 38 I learned it was okay to change my mind, so I added “no” to my vocabulary. Later I learned that: a) I was a whole person without a man; b) going to counseling without my husband helps me, if not him; and c) I’m not a failure just because my marriage didn’t last. More recently I discovered that I am more than my body, that I am important and can make a difference, and that I have become a gentlewoman, full of grace.

How did I become so wise? I worked a program. I kept reading the AA and OA literature, phoning, journaling, attending meetings, using sponsors, and sponsoring. Starting meetings, leading meetings, and joining retreat and marathon committees brought me more insights.

I was told at the first meeting that I was powerless over food, and I was encouraged to give God my weight and eating behaviors. In return I would find a solution—after years of overeating followed by ten years of anorexia! And it’s true. Today I have a choice. I’ve chosen to write this article rather than act on the food thoughts.

— Lifeline, January 1998



Inspiration

Just for today, I can plan my actions and leave the outcomes to my Higher Power.

— Lifeline,
July 2007

OA SPOTLIGHT

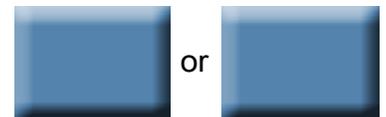
A Call To Service

Katy D. from Wilmington, North Carolina USA, says, “Service is slimming. Service keeps me out of the food and keeps me in connection with other OA members. Putting those together, I find a saner way to live.”

How will you serve this week?

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