

CHECK OUT the
Sept/Oct Lifeline
for understanding
Traditions Nine and Ten

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Essence of Change

I have been a member of Overeaters Anonymous since mid-October 1987. Until 2003, I was in Austin, Texas. Now I live in Hampton Roads, Virginia.

In some respects, OA has changed little over the years. It is still about the Twelve Steps, slogans, Tools, and Twelve Traditions. And different factions coexist, sometimes with ease and sometimes not. OA still welcomes newcomers and those who carry the message. It's still okay to use the Big Book as part of our literature. OA is a place where compulsive eaters of any stripe can find health and happiness.

In other ways OA has seen plenty of change. Austin has fewer and smaller OA meetings, and southeastern Virginia has very few. Anorexics and bulimics are less likely to identify themselves in meetings. OA has more books, including the wonderful *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*.

What has changed most in OA for me over the past twenty-plus years is me! It's not that I let go of 50 pounds (23 kg) and have worn the same size since. It's not that I developed amazing friendships with

OA's help or got a program for living that helps me respond to my daily hassles and major losses with sustained abstinence. It's my relationship with a Higher Power who has given me sanity and a modicum of maturity. I learned about that Higher Power because my fellow OA members treated me with unconditional love. That love and respect still exists in every meeting. I hope they and Overeaters Anonymous continue for fifty more years. To make that happen, I must do my part to spread the word.

— Lifeline, July 2011



Inspiration

Possibly the most important thing in all of OA is to be willing to give it a try. From willingness eventually comes action, and then success.

— Lifeline,
March
1979

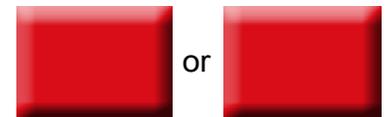


A Call To Service

P.T. from Oklahoma USA, says "I have received a blessing whenever I have been an OA speaker, led a meeting, gone to a retreat or convention, taken a Fifth Step, sponsored someone, or done any other type of OA service."

How will you serve this week?

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