

# Lifeline

2014

Vol. 5, No. 14 April 7-13

# Weekly

COMING UP in  
the May Lifeline,  
"My Favorite OA  
Pamphlet or Book"

## Autonomy Means Freedom

Autonomy is a word that people stumble over about as often as they do over anonymity. What does it mean to us?

Autonomy is one of our most precious possessions. It means our freedom. It means that each group may make its own rules and run its meetings as it sees fit. We can modify or strengthen our requirements for speakers, leaders, and sponsors when we feel a need to do so. Our formats need not be identical, and we may choose our own form of abstinence. Our guide is group conscience, and we are free.

Free to be wrong? Undoubtedly. But we do find the ways of operating that work out best, in time. No one dictates to us. We are allowed to be responsible.

The limitation of this freedom is clearly stated: "Except in matters affecting other groups or OA as a whole." This means

that we must do nothing to the detriment of others. We may not tie ourselves to any sect, class, race, political group, or other segment of humanity. We must do nothing to expose OA to embarrassment, or cause needless dissension.

OA is for all who need it. For all of us who have received so much, it is our joyous privilege to help it grow, in whatever way we can.

— Lifeline, March/April 1974

Overeaters Anonymous  
[www.oa.org](http://www.oa.org)



## Inspiration

We are finally free enough to enjoy happiness.

— Lifeline,  
May/June 1977

## OA SPOTLIGHT

The second quarter 2014 issue of OA's free quarterly newsletter, *A Step Ahead*, is now available for download at [oa.org/membersgroups/a-step-ahead-newsletter/](http://oa.org/membersgroups/a-step-ahead-newsletter/).

## A Call To Service

Anonymous says, "I always knew in my head that the way to strengthen my recovery was to give service. Being at the World Service Business Conference moved it from my head to my heart."

*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!