

Lifeline

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Weekly

COMING UP in the May Lifeline, "What do you consider to be outside issues and why?"

Inside and Outside

Surely our program is an inside issue, considering the content of the Twelve Steps. But usually we come to OA because of our body image—an outside issue compared to the inside issue of our hearts. (Wouldn't it be a miracle if I had no opinion on the outside issue of body image?) But as soon as we get a good idea of Step Four, our hearts sink; we know what Bill W. meant when he wrote that all our scorecards read zero.

Sometimes it's useful to substitute the word *understanding* for the word *heart*. Sitting in meetings can change my understanding, and the spirit encountered can change my heart. Hey! That's why our OA group can be our initial Higher Power. But change will be slow if all I do is sit in meetings.

If no one brings something positive to share at a meeting, the spirit can be sadly diminished. What if

we each took at least one encouraging thought to share at each meeting we attend? Perhaps I was overwhelmed last night and binged, but did I binge every night last week? When did I last not binge? I'll share that and tell how it was different. It may help someone see the difference.

Meetings have the power to change us; they're an inside job.

— Lifeline, August 2007

Overeaters Anonymous
www.aa.org



Inspiration

I have yet to be at a meeting with other compulsive overeaters where I have not learned something.

— Lifeline, September 1996

OA SPOTLIGHT

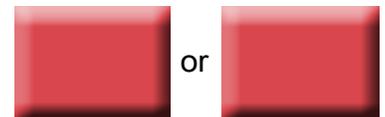
April 28–May 3 is OA's World Service Business Conference, "Our Primary Purpose." For information, visit oa.org/world-service-events/world-service-business-conference/.

A Call To Service

Anonymous faced many fears while serving at WSBC. "I have to fly a long time and to face my fears! I improved my English-speaking. I got better organized . . . I have the responsibility to inform my service body. It makes me a better person knowing my boundaries and working with them."

How will you serve this week?

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