

# Lifeline

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# Weekly

COMING UP in the  
January Lifeline,  
stories of life before  
and after OA

## Successful Year

All my life I have been happy and healthy. I was aware of foods I shouldn't eat and watched my weight. I loved food and enjoyed learning to cook but also enjoyed eating.

As the years went by, I was no longer pleasingly plump. My weight went up and up. I would go for days with little to eat, lose a few pounds and gain them back after commencing to eat again. My jobs brought me close to good food, so there was a constant temptation, and I was weak. I used all the willpower I had to keep from gaining weight, but I loved food too much and ate without even realizing it.

A friend asked if I would like to attend an OA meeting with her. I had never tried anything like this and was enthusiastic to learn about the program. I began attending meetings and have put my trust in a power greater than myself. I practice the Twelve Steps and Twelve

Traditions. To date I have lost 25 pounds (11 kg). I am staying with the OA program not only to help myself but for fellow members in distress.

It took time to condition my mind and share my burden with God. The first achievement is to admit being a compulsive overeater and then do something about it. OA has been my answer in losing weight, and I'm glad I took that first step.

— Lifeline, July 1971

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



## Inspiration

Working the Steps, using the tools, taking action, asking for guidance from my Higher Power and being honest keep me loving life and recovering.

— Lifeline,  
July 1994

OA SPOTLIGHT

Group

Treasurer

Materials is a new Web page on [oa.org](http://oa.org) that contains resources for treasurers, located under the Meetings drop-down menu. Visit [oa.org/group-treasurer-materials/](http://oa.org/group-treasurer-materials/)

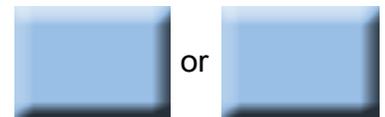
## A Call To Service

Anonymous says, "Sometimes I wonder if I can do the things I've volunteered for. The OA program itself is the answer. I take it one day at a time, turn it over and remember that this, too, shall pass."

*How will you serve this week?*

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