

COMING UP in the  
February Lifeline,  
celebrating unity  
with diversity

# Lifeline

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# Weekly

## To the Newcomer

If you are feeling scared, you're not alone; we've been there.

If you cannot stop bingeing on food, you're not alone; we've been there.

If you eat because you are angry, lonely, tired, or for any reason other than hunger, you're not alone; we've been there.

If you are ashamed of your body size or shape, you're not alone; we've been there.

If you have tried to diet, only to regain the lost weight and then some, you're not alone; we've been there.

If you have tried to control your weight by using laxatives or vomiting, you're not alone; we've been there.

If you feel you are not good enough, you're not alone; we've been there.

If you think you're the only person who ever used food the way you do, you're not alone; we've been there.

If you think that life would be perfect if only you had a better body, you're not alone; we've been there. And we're here for you now.

Welcome to Overeaters Anonymous. This program works if you work it.

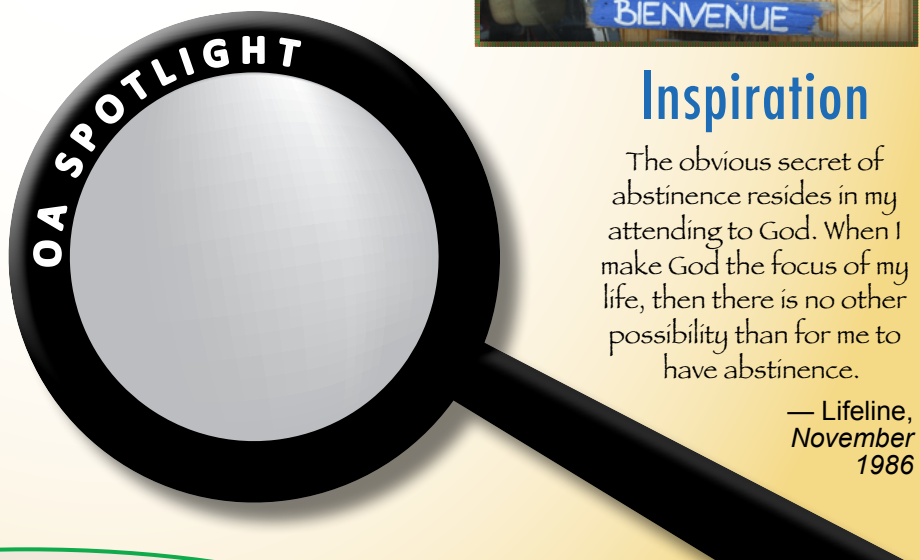
— Lifeline, January 2000



## Inspiration

The obvious secret of abstinence resides in my attending to God. When I make God the focus of my life, then there is no other possibility than for me to have abstinence.

— Lifeline,  
November  
1986



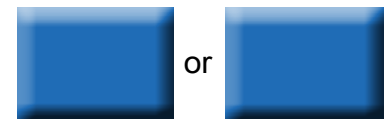
## A Call To Service

B.R. from Dallas, Texas USA says, "By taking action, I've learned how it feels in my gut to make a mistake, rather than to be a mistake. Today, I see making a mistake not as a reason to berate myself, but as an opportunity to correct my mistake."

*How will you serve this week?*

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