

COMING UP in the
July Lifeline, celebrating
freedom and recovery

Lifeline Weekly

2014
Vol. 5, No. 18 June 23–29

Come As You Are

I came to OA deeply depressed, paranoid and very fat.

I came, and everyone cared about me. You said you understood. You handed me a pamphlet that said, “We can give you the keys that will open the door to a wonderful new life if you will use them.”

In the Big Book, I read of a man who was given up on as hopeless. “But this man,” the story continues, “still lives and is a free man. ... He can go anywhere ... without disaster, provided he remains willing to maintain a certain simple attitude” (*Alcoholics Anonymous*, 4th ed., pp. 26–27).

I came, and you accepted me just as I was on that day.

I came, and Step One helped me see honestly how much I ate, how crazily I ate it and how obsessed I was by it.

I came, and I read Step Three: “Made a decision to turn our will and our lives over to the care of God as we understood Him.” That meant surrender!

One afternoon I got down in the middle of my living room floor and

prayed to be relieved of the desire to overeat.

I came, I took the Third Step and I was free.

I don’t worry about being abstinent today because I have the only things I need to deal with my disease: the willingness to maintain that certain simple attitude and use that “simple kit of spiritual tools laid at our feet” (*Alcoholics Anonymous*, 4th ed., p. 25).

— Lifeline, February 1979

Overeaters Anonymous
www.aa.org



Inspiration

Abstinence has made an abundance of good things possible.

— Lifeline,
January 1983

OA SPOTLIGHT

Help replenish
the Professional
Exhibits Fund!
Donate at [https://50447.
thankyou4caring.org](https://50447.thankyou4caring.org)
and choose this
designation.

A Call To Service

Caroline M. from London, United Kingdom, says, “I realized I had a good opportunity to face my perfectionism and fear—that doing service was about more than just getting the job done.”

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!