

COMING UP in the
July Lifeline, a virtual spin
on the Seventh Tradition

Lifeline Weekly

2014
Vol. 5, No. 19 June 30–July 6

Time to Let Go

During a recent relapse, I was brought face to face with the realization that self-will is killing me.

No matter how enticing its promise of happiness appears, it is only temporary at best, and more often it isn't happiness at all. Actually, self-will is a form of seduction into despair. It is deceitful, somehow making me think that if I succumb, I will be satisfied.

I am learning that self-will is mental game playing. When I give in to its insistent beckoning, what I get is far from what I really want. I am beginning to see that self-will has a long, ugly history of making me miserable.

I have found that self-will, when given its own preferences and devices, leads to bondage. Its appetite is insatiable, even in areas other than food. Self-will takes over my spending, for example, and of course it has led me into deadly food traps time and again.

I am learning that giving in to self-will and ignoring Higher Power's will leads me off the road of serenity and into the ditch of despair. Allowing self-will to be in charge of my daily decisions

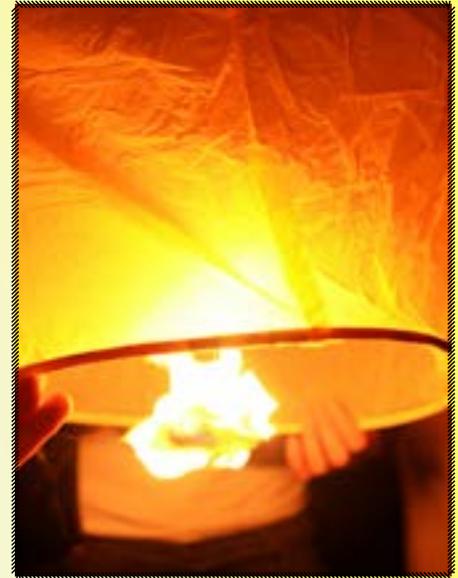
has led only to an emotional roller coaster lifestyle and a pain-filled saga of weight-related problems. I am now attempting to look at myself and ask the question, "Isn't it time to let go?"

My self-willed power has given me a 40-year demonstration of its disastrous, killing incompetence. How much more proof do I need that I require a power other than self-will?

Higher Power, please take over.
Thy will be done, one moment at a time.

— Lifeline, July 1985

Overeaters Anonymous
www.aa.org



Inspiration

Now the program is my life, and the rest of life "out there" just naturally falls into place.

— Lifeline,
May 1991

OA SPOTLIGHT

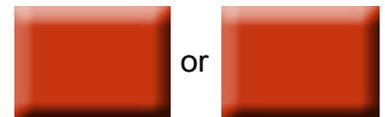
Help replenish
the Professional
Exhibits Fund!
Donate at [https://50447.
thankyou4caring.org](https://50447.thankyou4caring.org)
and choose this
designation.

A Call To Service

Reese T. from Glenview, Illinois USA, says, "Whenever I make an outreach call to a professional (medical or clergy), I always have that person bookmark the OA website. If time permits, I walk the professional through the process of using the website to find a meeting."

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!