

COMING UP in the
August Lifeline, the
promises of recovery

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Tying the Strands

Joining OA was a last-ditch effort. I had spent thousands of dollars on dozens of diets. I was 46 and knew I wasn't long for this world.

I tried to "take it easy," "one day at a time." But there was one OA slogan I couldn't handle: "Abstinence is the most important thing in my life without exception." I said it over and over. It didn't feel right.

From a spiritual awakening in my 20s, I had learned that God was to be first in my life. Then I read "The Most Important Thing" (*Lifeline Sampler*, pp. 156-57) in which the author struggled with this same question. She came to the conclusion that God was the most important thing. I decided to agree with her, but it continued to bother me.

I prayed about it and put my thoughts and feelings down on paper. In doing so I could see that when my food was in balance so were the other areas of my life, including the spiritual. When I was compulsively overeating and

my emotions were running amok, God was at the bottom of the list. Maybe abstinence was the most important thing.

It still bothered me, so I asked God to make sense of it. After a time, from deep inside I heard, "Think of it as a braid."

A braid? A hair braid? I began to think about braids. Now I know what is most important: God is! Abstinence is! The Twelve Steps are! Entwined they make something beautiful out of my life.

— Lifeline, April 1994



Inspiration

The longer I'm in OA, the better I understand myself. This self discovery has enabled me to sail into new serenity.

— Lifeline,
March 1998

OA SPOTLIGHT

NEW! Unity with
Diversity Checklist

Visit [www.oa.org/
membersgroups/
group-support](http://www.oa.org/membersgroups/group-support).

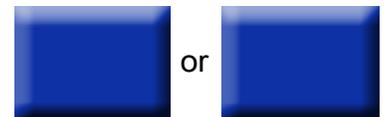
A Call To Service

C.W. from Puyallup, Washington USA, says, "Perfection is not required. Expect nothing and remain open to receiving from your service and willingness what God has for you. You will be amazed."

How will you serve this week?

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