

COMING UP in the  
Sept/Oct Lifeline, how  
members abate cravings

# Lifeline

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# Weekly

## Freedom from Slavery

Before I found the Fellowship of Overeaters Anonymous, I suffered from morbid obesity and an active food addiction. I desperately wanted to lose weight, but any thought of a diet seemed like a bleak vista of deprivation. If anyone had described abstinence to me, I wouldn't have wanted it.

When I entered OA, this attitude started to change. For the first time in my life, I heard from people who were happy about not eating something! They spoke with abundant gratitude about this thing called abstinence. I started to understand how my food addiction drove and controlled me, and that it was as desperate a problem as the obesity it caused. To be relieved of such slavery is a gift, a blessing, and a privilege.

By the grace of God, I have received close to nine consecutive years of abstinence and a large weight release, resulting in a healthy body size. Trying my best to apply the spiritual Principles of this

program has graced me with a life that truly grows more wonderful with time. That life also includes its share of pain and tragedy. Yet, even in my darkest moments, a part of me is always dancing with joy because I have been freed from the slavery of food addiction. So often I share about the things that trouble me, but as I approach my ninth OA birthday, I want to pause to say to God and my fellows: Thanks!

— Lifeline, June 1996



## Inspiration

I am grateful for the life I lead in OA—a life filled with God, abstinence, willingness, and action.

I am praying for the same for you!

— Lifeline,  
May 2007



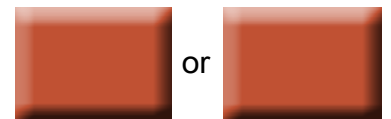
## A Call To Service

"Doing service builds up the strength of my program. I feel rejuvenated, not exhausted. I feel good about giving instead of taking." — Anonymous

*How will you serve this week?*

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