

# Lifeline

2013

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# Weekly

CHECK OUT the  
January Lifeline for The  
Year of Abstinence  
Awareness

## Unmanageable How?

When I first came into OA, it comforted me to hear that I had a disease and I wasn't to blame: it wasn't my fault. Others suffered from the same illness.

It took me years to understand in what ways my life was unmanageable. It wasn't just that I couldn't stop eating some foods or that I ate too much food. I was emotionally immature and had no clue how to deal with people. I couldn't say no, disagree with someone without writing the person off forever or allow others to live their own lives.

I now feel that I am powerless over having this disease, but with

the power of God, the Fellowship and my support system, I have power over my life and food choices. I can ask God to help me not buy inappropriate food. If I buy inappropriate food, I am listening to self-will and my disease instead of being tuned in to God and my program.

— Lifeline, January 2005

Overeaters Anonymous  
[www.aa.org](http://www.aa.org)



## Inspiration

Believe me, even when it looks like there's no way forward, keep coming back—it works! If it works for me, it'll work for anybody.

— Lifeline,  
May  
1991

OA SPOTLIGHT

Trustee  
Applications for  
WSBC 2013 are due to  
the World Service Office  
on Jan 29. Download the  
application at [oa.org/  
pdfs/trustee\\_  
application.pdf](http://oa.org/pdfs/trustee_application.pdf)

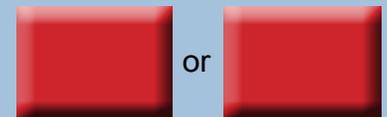
## A Call To Service

C.B. from Simi Valley, California USA, gave service at a region convention and received a wonderful gift in return. "Now, because of my willingness to show up as a hugger, God had provided the opportunity for me to make amends to the last person on my list."

*How will you serve this week?*

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