

CHECK OUT the
January Lifeline for
stories of finding and
maintaining abstinence

Lifeline

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WEEKLY

A Mind Open to Abstinence

I have been a member of OA for many years and have read *Lifeline* for many years. Recently, the concept of abstinence has finally become clear to me. I have read about it repeatedly through the years, but I never really tried the concept of three moderate meals a day and nothing in between until recently, and it is truly amazing how that can work. Also, I read about weighing and measuring the food (too much hard work, I always thought, and too time consuming), and I have found that is also helpful in keeping me honest in the portions I eat. It is amazing how the help has been there all along, and I never “saw” or “understood” it. Honesty was also something for other people, not me. It didn’t pay to be TOO honest.

Now I am seeing that honesty applies to all areas of my life, and it is vital to a happy and manageable life. *Lifeline* articles on “principles not personalities” really showed me some more of my problem

areas, namely, gossip, not wanting to have certain associations or involvements, jumping to conclusions. I have started rereading the AA “Big Book” and, oh, how those stories are making sense to me. OA’s *For Today* also seems to be speaking to me so clearly. It’s as if my mind is finally open to what is being said. Thank you for all the wonderful help you are giving me. It’s really true: the miracle happens.

— Lifeline, November 1997

Overeaters Anonymous
www.aa.org



Inspiration

Acting “as if” is not a small thing. It is a supreme act of courage and faith.

— Lifeline,
November 2007

OA SPOTLIGHT

Volunteer
at WSBC. To learn
more, visit [oa.org/
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events/world-
service-business-
conference/](http://oa.org/world-service-events/world-service-business-conference/)

A Call To Service

J.F. from La Mirada, California USA, says, “I look forward to continuing service at the meeting and intergroup level with a fresh perspective and can hardly wait to attend the next [World Service Business] Conference, because the treats of service far outweigh the torments.”

How will you serve this week?

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