

Lifeline

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Weekly

COMING UP in the
February Lifeline,
"How Hard Is
the Program?"

Abstinence Is Inspiring

Abstinent members of OA inspire newcomers to join our Fellowship. They also inspire those still struggling with the food to "keep coming back." They inspire us to do the footwork so we, too, can experience physical, emotional and spiritual recovery.

We have to be inspired to believe it is worth doing the work. We need to know that when we get through those first 30 days of reading, writing, meetings, and abstaining from compulsive eating and binge foods, we will experience the rewards of peace and serenity, and a chance to live the promises of the program.

We need to hear experience, strength and hope to keep us committed to the hard work of this program. We need to see that choosing a tool instead of that first

compulsive bite is worth it. We know what bingeing feels like, but we can't know what recovery feels like until we do the work. And why choose that work unless we find inspiration from those who came before us?

I need to see recovery to help me choose abstinence one day at a time.

— Lifeline,
March/April 2008

Overeaters Anonymous
www.aa.org



Inspiration

If I can find recovery after a long and painful relapse, anyone can recover.

— Lifeline,
March/April 2008

OA SPOTLIGHT

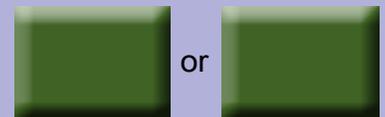
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A Call To Service

An Ask-It Basket question about service rotation yielded this response: "Whether it's for coffee person, secretary or literature committee chair, rotation puts new energy into group life, enabling even the greenest newcomer to 'give it away in order to keep it.'"

How will you serve this week?

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