

Slipping Through Long-Shut Gates

Someone asked me the other day what I was most afraid of. I just laughed and didn't answer.

I couldn't tell him I'm afraid of full-length mirrors and sales-girls in size 9, and the honesty of small children pointing me out to their mothers.

How could he know about living each day counting the hours until I can go home and hide? And about getting through those hours on morning sugar, lunchtime carbohydrates, three o'clock food fixes.

I couldn't tell him my feet hurt and I have trouble breathing and how much I wish I could go skiing when it's all I can do to go shopping.

I couldn't tell him that I'm afraid of looking ten years older and feeling twice that. I'm afraid of dying young, or living long—fat.

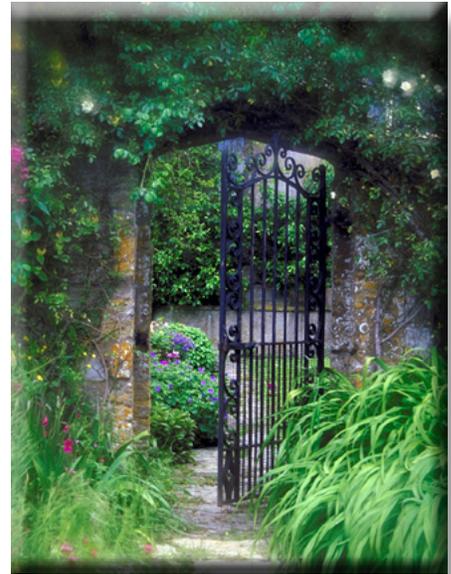
But most of all, I couldn't tell him I'm afraid of trying and fail-

ing again; that hope returned last night, and it was all around me, walking, talking, laughing and sharing tales of horrors and hidden fears I thought were mine alone.

Dare I believe the dream I remembered when I awoke this morning: of slipping through long-shut gates and quieting with loving touch the hungry child-turned-monster that dwells within me?

— Lifeline, July 1978

Overeaters Anonymous
www.aa.org



Inspiration

I am grateful to be able to give service. I have been abstinent for more than two years, and giving service is one of the main reasons for this miracle.

— Lifeline,
March/April
2008

OA SPOTLIGHT

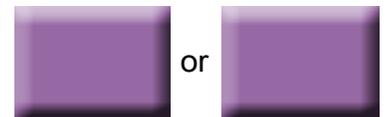
Download the WSBC 2014 Agenda Questionnaire at aa.org/world-service-events/world-service-business-conference/. Service bodies must return the questionnaire by Feb. 27.

A Call To Service

Dodie H. says, "While a trustee position does entail work and deadlines, personalities and passions, it also gives me the opportunity to put my program into action . . . Other trustees have helped me grow in the tasks set before me; and attending board meetings, surrounded by so much recovery, is a joy."

How will you serve this week?

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