

Lifeline

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Weekly

COMING UP in the February Lifeline, stories of the importance of sharing at meetings

A-B-S-T-I-N-E-N-C-E

A is for Admitted compulsive eater who is tired of being this way.

B is Belief in a power like God, who will help if you pray.

S is Serenity and Simplicity, the two words everyone wishes to have.

T is for Trust in the telephone to get us through good days and bad.

I is Independence from self-will to God's will, that's an important fact.

N is for Nothing between meals. Have coffee or tea, but no snacks.

E is for Everyday food commitments to be honestly kept for results.

N is for No Guilt in eating the right foods to give you new health.

C is for Courageously trying to work out the program each day.

E is also Eternally Grateful to God and to friends in OA

Put all first letters together. Write them down, so they will make sense.

Now you see this word that you're writing is our life-saving word:

ABSTINENCE

— Lifeline, November 1972

Overeaters Anonymous
www.oa.org



Inspiration

As we give of ourselves, sharing our experiences, reaching out to help others who suffer as we have, we are strengthened in our lives and in our journey through recovery.

— Lifeline, February 1991

OA SPOTLIGHT

Prepare for OA Census 2013. Check your group secretary's information to make sure it's up to date. Visit oa.org/group-secretary-materials/

A Call To Service

E.E.M. from Charlotte, North Carolina USA, says, "Service gives back more than it takes. Advancing age and even infirmities need not prevent seniors from reaping the joys of service . . . you gain the strength to help yourself, not just to preserve your abstinence, but to fashion a vigorous, satisfying and challenging senior life."

How will you serve this week?

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