

COMING UP in the February Lifeline, "Why Can't Newcomers Commit?"

Call Me "Anonymous"

I came into OA at about 300 pounds (136 kg). After an initial defiance, I worked the program. I got a sponsor, wrote down my food, used the tools and worked all the Steps. I got to my goal weight and became very active in OA.

I loved it. As my wife said, I was having an affair with OA. I went to different states to speak. I even went to another country to speak. I can't remember ever feeling happier or more important.

It didn't last forever, though. Weight started to come back, although for the first time in my life, I never got back up to my top weight. Instead I called my sponsor again and asked for help. Her response was that she couldn't help, but she knew who could: my Higher Power. HP could help me take the "I" out of my story and replace it with "we." I'd

forgotten that I am powerless.

We are now working the program differently. When asked to speak, we limit how often. We work the tools together. We work the Steps together. We work the program together. We've never written to *Lifeline* before, and I'm dying to use my name, but we can't afford to, so please, just call me "Anonymous."

— Lifeline, October 1991

Overeaters Anonymous
www.oa.org



OA SPOTLIGHT

OA's beloved founder, Rozanne S., passed away peacefully on January 16. Our thoughts and prayers are with her family and loved ones. To read a tribute to Rozanne, [click here](#).

Inspiration

As long as I stick with God and OA, I will continue to grow and improve my self-esteem one day at a time.

— Lifeline, November 2008

A Call To Service

Anonymous says, "Being [at WSBC] has focused my recovery. Being with, sharing and learning how the Fellowship strives to keep OA available to all have given me a stronger base."

How will you serve this week?

Want to read more?
Subscribe to e-Lifeline!



Already a subscriber? Pass Lifeline Weekly on to OA friends and encourage them to subscribe!