

# Lifeline

2013

Vol. 4, No. 5 Feb 4-10

# Weekly

COMING UP in the  
February Lifeline,  
overcoming the  
hard parts of program

## After the Parties Are Over

Since coming to Overeaters Anonymous, I have abstained through three consecutive holiday seasons only to encounter trouble on January 2 after the parties were all over.

I find it rather easy to turn my life and my will over to the care of God as I understand him during hard, stressful times. I know and accept as a fact of life that I cannot handle food or depressing situations.

What I do have trouble with is turning over the good and joyous aspects of my life. The size 11 clothes, people accepting me without conditions, receiving a compliment from my boss, getting an A on a test at school, hearing an OA member say, "I love you."

All my life before OA, I was geared to failure. Now good things are happening, and it is difficult to deal with this.

I come now to my fourth abstinent holiday season and the inevitable January 2. This year, another miracle hap-

pened: I am still abstinent.

I realize now that going through the holidays unscathed gave me a feeling of superiority, and January 2 did wonders in restoring my humility. I think, too, that I must be getting the hang of turning over the good things in my life.

Without this caring, loving OA program, I would not have been able to rid myself of 110 pounds (50 kg) . . .

— Lifeline, February 1980

Overeaters Anonymous  
[www.aa.org](http://www.aa.org)



## Inspiration

Meetings are what we make of them, and it takes each one of us contributing what we can.

— Lifeline,  
May 1991

OA SPOTLIGHT

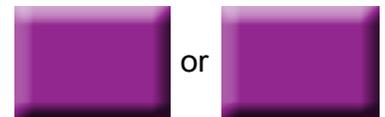
Registration for the 2013 World Service Convention "Recovery to Rock Our World" is now online at [aa.org/world-service-events/world-service-convention/](http://aa.org/world-service-events/world-service-convention/)

## A Call To Service

M.M.G. from Stony Brook, New York USA, gives service as a *Lifeline* representative. "Not only was I doing a service to *Lifeline* . . . but I was also greeting newcomers, renewing friendships and getting out of myself. The largest part of my disease has been isolation; the best remedy for that is service."

*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!