

CHECK OUT the
February Lifeline for
golden nuggets gleaned
from conferences

Lifeline

2013

Vol. 4, No. 6 Feb 11–17

Weekly

Filling the Void

I heard someone in a Twelve-Step program say that many people quit after five years because reality is just too difficult without our drug of choice—for us, excess food. Something has to fill the void, something that is ever available, has the power to do what food did for us in the past, and is beyond the wonderful tools we've been given. There comes a time when the tools are insufficient to soothe, comfort, still our fears and keep us out of the food.

That something for me today is my own, blessed Higher Power. As I work the Steps of this wonderful program, my defects of character are purged away by my Higher Power. But the problem is that there's

a void left, an emptiness that only God can fill. In our overpowering need to fill it, many of us return to the very thing that has caused us so much unhappiness in the past, or we go to different compulsions. God is the only one whose unconditional love can fill that void appropriately.

— Lifeline, February 1998

Overeaters Anonymous
www.aa.org



Inspiration

I am grateful that OA is not filled with dogma and does not pressure me into a program that doesn't fit my values or beliefs.

— Lifeline,
September
1999

OA SPOTLIGHT

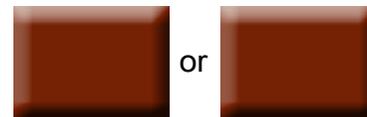
The
first quarter
2013 issue of OA's
free newsletter, *A Step
Ahead*, is now available
for download at [aa.org/
membersgroups/
a-step-ahead-
newsletter/](http://aa.org/membersgroups/a-step-ahead-newsletter/)

A Call To Service

M.V. from Spring Hill, Florida USA, says, "The one thing I try to stress to all my sponsees is the importance of giving some sort of service to OA, no matter how big or how small the task."

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!