

Lifeline

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Weekly

COMING UP in the
March/April Lifeline,
stories of "How OA
Changed My Life"

Rediscovering Myself

I came to OA recently, shy, scared and lonely. I would never speak at meetings because every time I tried, I would start to cry.

As I worked the Steps with my sponsor and allowed the pain and weight to leave my body, I began to hear my Higher Power. I'm halfway through my Fourth Step and hope to finish it soon; I've heard that the pioneers in AA did the Steps in 24 hours. I told myself to keep it simple, but still it is hard. I turned the whole inventory process over, and now I write frantically to keep up with my thoughts.

What a cleansing! I want to find out all about myself, to rediscover the wonderful human being that I am. I am a grateful, recovering compulsive overeater who loves all of you, and, for today, I love me too.

— Lifeline, January 1996

A Call To Service

L.D. from New Brunswick keeps sponsoring simple. "As a sponsor, I should try to treat my sponsees as I would like to be treated: with patience, open-mindedness, acceptance and unconditional love. I can only offer what has worked for me. Whatever the sponsee does is up to the individual."

How will you serve this week?

Overeaters Anonymous
www.aa.org



OA SPOTLIGHT

Celebrate
OA's Unity Day
February 23 at 11:30
a.m. Pacific Standard
Time. OA members
pause to reaffirm the
strength inherent in
OA's unity.

Inspiration

I have discovered the
rest of my life is today,
one day at a time.

— Lifeline,
May 2008

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