

CHECK OUT the
February Lifeline for
longtimers' thoughts
for newcomers

Lifeline Weekly

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Come One, Come All

Our personal recovery depends on unity at the group, intergroup, region and world service levels. Without the unity that ensures the meetings continue, we cannot pass on the message of hope.

On an emotional level, our personal recovery can only come to us as we share our feelings with one another. When we share, our faith increases. As our physical recovery progresses, our faith gives us such a trust in a Higher Power that we become willing to listen to the still, small voice within us.

Until we work together in unity to find out *why* we do the things we do with food, we are blind to the energy within us that is ready to be used in inspiration and encouragement.

In order to achieve spiritual recovery, we must remember that, although we are limited by our humanity, we have a power within and a freedom we can rely on. The rewards of the program let us know who we really are. We find out that we don't have to be burdened with family or religious

traditions. Our new family is the OA Fellowship.

Our Higher Power needs us to pass on the OA message. We are the ones who have shared the pain of the disease and have learned that by letting go we find freedom. Our Higher Power uses us to get the message of hope and help to people who would otherwise die of the disease.

— Lifeline, February 1991

OA SPOTLIGHT

Celebrate
OA's Unity Day.
February 22 at 11:30
a.m. Pacific Standard
Time, OA members
pause to reaffirm the
strength inherent
in OA's unity.



Overeaters Anonymous
www.aa.org

Inspiration

When we dwell on what we have in common, we are united. When we dwell on differences, we stand apart.

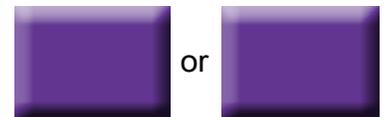
— Lifeline,
August 1990

A Call To Service

Anonymous serves by submitting announcements to local newspapers. "Since I am now retired, it is one thing I can do to continue feeling useful and a service that does not take much time when all I have to do is shoot off an email request to the paper."

How will you serve this week?

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