

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

# Lifeline Weekly

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## Changing on the Inside

My desire to see concrete results, and to see them now, fosters in me a certain resistance to working the program on all three levels. My weight loss was visible to me and others, so I abstained; but many of the program's benefits are not that obvious. These include serenity, self-worth, love, humility, spirituality and others.

No one gives us a special pin when we begin to work the Steps. No one publishes a notice in the newspaper when we refrain from having a temper tantrum or stave off an emotional binge.

We feel the changes in ourselves and know they are far more valuable than the drop in weight measured by the scale or reflected in the mirror. Sometimes we wish they were more apparent to people outside the program who judge our progress by our physical appearance.

I work the Steps and live this program because I know what

my life is like without it. I want it more than anything else. I work for it because I know at gut level that returning to my old way of life would be slow death.

Emotions and spirituality are not tangible. I must be willing to simply feel the countless benefits I've reaped from OA in addition to my weight loss—qualities that are perhaps not even communicable to others, much less visible.

— Lifeline, May 1980

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



OA SPOTLIGHT

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## Inspiration

My life is blessed  
by these Steps.

— Lifeline,  
May 2007

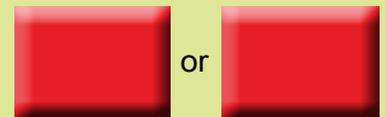
## A Call To Service

Anonymous says, "The service jobs give me a feeling of being a part of OA. No job is insignificant. We're helping each other. Whenever I'm giving, I'm really getting. My greed is still there, but now it is being channeled constructively."

*How will you serve this week?*

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