

COMING UP in the
March/April Lifeline,
using the Twelve Steps
in all our affairs

Lifeline

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Weekly

Easier and Easier

Almost everyone who knows me personally knows I'm in OA. When I lost weight early in my physical recovery, people asked me what I was doing. Most of the people who asked had their own weight problems.

At first, I was not comfortable telling people about OA. I said I was watching my portions and avoiding sugar and white flour. I never said I was on a diet.

Over time, though, I started thinking that if I was not willing to tell people what I was really doing, how would they ever be touched by program? Sure, I demonstrated a Twelve-Step way of life in all my affairs, and this was the message. However, if I didn't share about OA, how would the still struggling people be able to consider taking the same Steps I was taking?

I decided to add "going to OA meetings and working with someone who has already lost her weight" to the other

parts about portion control and avoiding sugar and white flour. At least one person told me she had come to a meeting once and thought, "Those people are crazy." My response was that it worked for me. After one or two people knew, it became easier and easier to share the information. Today I am very comfortable with people knowing I am in OA.

— Lifeline, May 2008

Overeaters Anonymous
www.oa.org



Inspiration

What surprises me most is that my attitude about life has changed while my circumstances are nearly the same. This is miraculous.

— Lifeline,
February
2006

OA SPOTLIGHT

Lifeline needs your stories for our Stepping Out and Living Traditions features. Tell us how the Steps and Traditions affect your life. Email stories to info@oa.org with "Lifeline" in the subject line.

A Call To Service

Amy M. from Locust Grove, Virginia USA, has served by being a sponsor, leading meetings and starting a meeting when there were none in her community. She says the secret to recovery is service.

How will you serve this week?

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