

Lifeline

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Weekly

CHECK OUT the
March/April Lifeline
for stories of "How OA
Changed My Life"

Instant Answer

Yesterday I was thinking a lot about food. You know, day-dreaming about what I had planned to eat for lunch and supper, imagining what it would taste like, wondering if it would be enough to satisfy me. I guess you could say I was obsessing about food! A red alert went off in my head, reminding me that food thoughts had often been direct predecessors of binges. I tried to push the thoughts away, but to no avail.

I didn't want to let food thoughts control me. I struggled with them for several hours, all the while wondering why I was having them. What was I doing wrong?

I suddenly realized that I wasn't being weak; these food thoughts were simply a product of my disease. Then came the solution: I admitted to God that I am just as powerless over food thoughts as I am over food itself.

I quit fighting and asked God to remove the obsession. Then I recalled the Big Book sugges-

tion that the best way to overcome obsession is to work with another sufferer. I asked God to guide me to someone in need.

A certain person whom I had met a few weeks earlier came to mind. I decided I would call her as soon as I had a chance. With that, the food thoughts left me. Asking God to remove the compulsion and planning to reach out in service to another OA member had set me free.

— Lifeline, May 1989

Overeaters Anonymous
www.aa.org



Inspiration

Tradition Three teaches me love and tolerance, which protect me from the poison of anger or hate that would drive me back to the food.

— Lifeline,
June 2008

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A Call To Service

C.P. from Durham, North Carolina USA, says, "My speaking experiences have been rewarding . . . I have spoken with and without notes. I've spoken through tears and through laughter. Each time, I've been thankful to God for this program and the opportunity to make a payment of gratitude to OA."

How will you serve this week?

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