

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

Lifeline

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WEEKLY

Float On

God, my Higher Power, is the personification of all that is best for me and in me. As I understand God in this way, I know there is no paradox between the OA program that says "Let go and let God" and the principles of counseling and psychotherapy that lodge power in the individual.

God is the very soul of me, the integrity, the validity, the divinity in me. When I am in touch with God, I'm in touch with the inner part of me that is whole and healthy and, yes, even divine.

To let go and let God is to put my trust in the highest power I know. It is deep within me, waiting to be released. It is part of me. I am part of it. This is the power that buoys me in the sea of daily life, that carries me

through the rapids and sustains me in the quiet pools.

Just as I can trust my weight to the laws of God when I float on the waters of the pool, I can trust my days, through the ebb and flow of life, to the eternal power that undergirds the law of nature and actively directs my life when I am willing to allow it.

— Lifeline, July 1985

Overeaters Anonymous
www.aa.org



Inspiration

I still treasure the fact that I was welcome in these rooms without having to share beliefs regarding a Higher Power or having to think, act or dress like someone other than who I am.

— Lifeline,
August
2007

OA SPOTLIGHT

Prepare for
OA Census 2013.
Please make sure
the WSO has current
secretary information
for your group by going
to aa.org/edit-a-meeting/

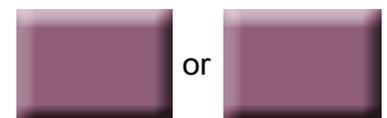
A Call To Service

J.B. from Douglas, Wyoming USA, says, "Through service I began to see OA on a broader scale, not limited to just my home group. The Traditions became more important to me, and I began to think in terms of what is good for OA as a whole."

How will you serve this week?

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