

Lifeline

2013

Vol. 4, No. 14 April 8-14

Weekly

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

Worth the Risk

As I begin to reach out to others and do more service in OA, I'm often scared. I've been in the program 13 months and have been abstinent for eight of them. Once I had become abstinent, I knew in my heart that to keep it I had to begin to carry the message to the still-suffering compulsive overeater.

I try to perform service in a variety of ways. My latest act of service is helping to produce our monthly intergroup newsletter. Although I have no professional qualifications for the job, I felt it would be an excellent learning experience.

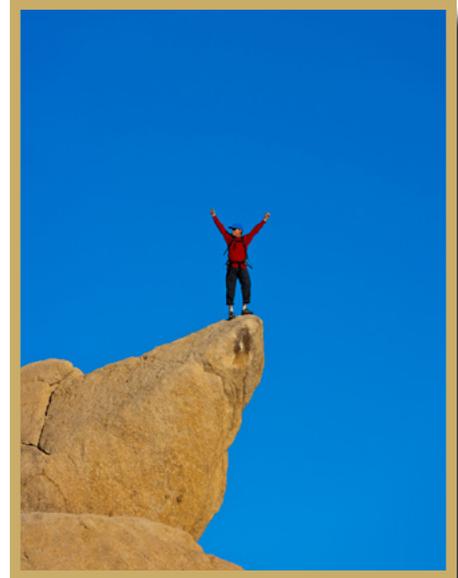
The risk I take by doing service lies in letting others see a part of me. I have always hesitated to let people know me intimately. My hesitation stemmed from a fear of the unknown; I don't know what you or I will see when I begin to reveal who I am. Giving service is helping me to open up. I hope it will help me to know

myself better and begin to like myself more.

When I worry whether I am able to do the job, I have to stop and remember why I am doing service in the first place: I do it for myself, to help me stay abstinent and grow as a person . . . I still have some fears but I know I am worth the risk in my search to become a whole person spiritually, emotionally, physically and mentally.

— Lifeline, July 1990

Overeaters Anonymous
www.aa.org



Inspiration

The results will be as great as the effort I put forth. And I pray that wherever I am, I can be patient, tolerant, loving and kind.

— Lifeline,
July
2008

OA SPOTLIGHT

The second quarter 2013 issue of OA's free newsletter, *A Step Ahead*, is now available for download at aa.org/membersgroups/a-step-ahead-newsletter/

A Call To Service

Anonymous defines service as "doing what we can when we can. But who's going to tell me what I can do and when I can do it? My Higher Power and my sponsor will tell me if I ask them. But will I listen? If I'm abstinent, I will hear and be willing to listen."

How will you serve this week?

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