

COMING UP in the
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"Generally Speaking"

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Weekly

Threefold Need

When I came to OA, my need was emotional. I needed help out of my isolation. I needed love, acceptance and support. I knew loving people would be in OA but never hoped it would be so wonderful. OA offered relief from the insane existence I have known most of my life. I have more confidence and self-esteem as a result of this program.

When I came to OA, my need was physical. I weighed 260 pounds (118 kg), down from 305 (139 kg). That 45-pound (20-kg) loss was the result of taking three steps forward and two back. Diet, diet, diet; eat, eat. Absolute insanity. There wasn't a day I didn't feel worthless and out of control. Since OA, I have found that abstinence is the only way. My sponsor helped me choose a plan of eating; it has changed but is always in the right direction. I've lost 42 pounds (19 kg) since joining OA.

When I came to OA, my need was spiritual. As an atheist, I was just denying my anger

toward my Higher Power. When I found out I had a mental illness, I felt abandoned. I thought, "Why would a loving God allow this to happen to me?" Well, I can see now that the diagnosis turned me away from drugs, kept me from marrying an abusive man, helped me reevaluate my morals and helped me understand the importance of loving and gratefully accepting what I have now.

— Lifeline, February 1997

Overeaters Anonymous
www.oa.org



Inspiration

I know I have a tarnished past, but that has nothing to do with shining today.

— Lifeline,
Sept/Oct 2008

OA SPOTLIGHT

The 2013
World Service
Convention Early Bird
Registration deadline
is July 2. Visit [oa.org/
world-service-
events/
world-service-
convention/](http://oa.org/world-service-events/world-service-convention/) for
information and to
register.

A Call To Service

C. says, "I live in a small university town with few OA meetings. Here, if another person shows up at a meeting, it's a triumph. To ask us to have group officers is unrealistic. If we want something done, we have to take responsibility ourselves; otherwise, it won't get done."

How will you serve this week?

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