

Lifeline

2013

Vol. 4, No. 49 Dec. 9–15

Weekly

CHECK OUT the
December Lifeline for
stories of Steps that
made the difference

My God Chair

When I feel too hungry, angry, lonely or tired, I go to my “God chair” in my room. It’s a comfy chair where I sit every morning to pray, meditate, journal and work on my Fourth Step. It’s a special treat to go there at other times of day.

I often take a cup of ice water with me. The water quiets the hunger pains temporarily, and then I talk to God about my anger, loneliness, anxiety or whatever feelings I’m having.

I keep a basket beside my chair that contains a bunch of goodies: my Big Book, journal, issues of *Lifeline*, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, encouraging notes from my sponsor, *For Today* and other spiritually stimulating literature. I can always find something to direct my thinking in a more positive way.

— Lifeline, November 2007

Overeaters Anonymous
www.aa.org



OA SPOTLIGHT

Dec. 12 is OA's Twelfth-Step-Within Day, encouraging service bodies, meetings and OA members to reach out to those within the Fellowship still suffering from compulsive eating behaviors.

Inspiration

When I am serene, I provide my body with healthy foods and my mind with healthy thoughts.

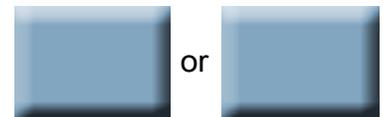
— Lifeline,
March 1996

A Call To Service

P.B. from Palos Verdes, California USA, says, “Step Twelve has saved me more than any of the tools; it is absolutely the backbone of my program and my primary purpose in life. It’s not magic—it’s one person helping another person.”

How will you serve this week?

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