

CHECK OUT the  
March/April Lifeline  
for "Living the Steps  
to Recovery"

# Lifeline 2014 Weekly

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## No Time to Spare

A recent conversation with another OA member revealed that she spends an hour in prayer, meditation and reading every morning.

"An hour!" I thought, "Wouldn't that be wonderful." As the mother of three children, two of them preschoolers, I'm grateful when I get five minutes of uninterrupted meditation time.

Fortunately my feelings of envy were short-lived. To focus on what I can't do or don't have starts a pattern of negative thinking that I work hard to avoid.

Still, I sometimes have days when I feel negative, cranky and tired, and my thinking tends to be future-oriented or full of wishful thinking: "Tomorrow, when I feel better, I will . . ." or "If only . . ." On those days in particular, I need to savor every moment of joy or laughter. Such moments not only help lighten my mood, but more important, they keep me from losing the whole day to negative and mythical thinking. Today is not a dress

rehearsal—I don't get to live it over when I'm feeling more positive.

The day will come when I will have an hour for meditation; when I won't have to schedule OA meetings around my baby-sitter's life; and when I won't have to take OA calls in a closet so I can have peace and quiet. When that day comes, I don't want to look back with regret that I missed these hectic, happy days of my children's lives.

— Lifeline, April 1990

Overeaters Anonymous  
[www.aa.org](http://www.aa.org)



## Inspiration

My solution is spiritual. I often ask for the strength to do God's will, not mine. With God's guidance, I am abstinent for this one precious, blessed day.

— Lifeline,  
Sept/Oct  
2007

## OA SPOTLIGHT

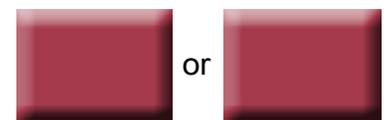
Encourage your group to have a *Lifeline* rep. For information and rep materials, contact [info@aa.org](mailto:info@aa.org) and put "Lifeline Rep" in the subject line.

## A Call To Service

E.B. from Palo Alto, California USA, says when participating in service work, "I feel more deeply involved in OA . . . and more committed to the principles. I enjoy the meetings more, people seem closer, and I have a wonderful feeling of accomplishment."

*How will you serve this week?*

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