

CHECK OUT the
March/April Lifeline for
using the Twelve Steps
"In All Our Affairs"

Lifeline 2014 Weekly

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It Takes Minutes

I can be taken in by thoughts and voices that say, "I don't have time. I'm too busy right now. No one will notice I'm not there; others will be there."

However, on many occasions I've learned that one person's presence matters. A one-line contribution to the newsletter is just what my Higher Power intended for me to read. Or the workshop would not have happened without one person's commitment and service.

No contribution is too small when it comes to service. Here are a few time allotments to keep things in perspective:

- One minute: announce yourself as the group's *Lifeline* representative
- One minute: make a brief phone call or send an email message
- Five minutes: call a newcomer
- 10 minutes: write a brief article for your group's newsletter
- 20 minutes: make a room reservation and create a flyer for

an upcoming event

- 30 minutes: paste addresses and stamps on outreach cards for intergroup meetings
- 45 minutes: hold a meeting to plan fundraising
- 60 minutes: attend your local meeting
- 90 minutes a month: attend your intergroup meeting
- 2 hours a month: complete secretary's tasks
- 32 hours: support your intergroup's annual retreat.

— Lifeline, March/April 2007

Overeaters Anonymous
www.aa.org



Inspiration

I can't wait to experience the rest of my life. It only gets better from here.

— Lifeline,
June 2007

OA SPOTLIGHT

An Abstinence PowerPoint created by the Region Chairs Committee is online! Access the presentation and find out more at oa.org/abstinence-powerpoint-presentation/.

A Call To Service

L.G. from Tarrytown, New York USA, has served as a *Lifeline* representative. L.G. offered to buy subscriptions for those who couldn't afford them. As a result, many more members gifted subscriptions to other members anonymously.

How will you serve this week?

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