Lifeline Weekly

2013

Overeaters Anonymous
www.oa.org

Serenity to the Nth Degree

I've been in program for a number of years, but the number isn't important to me. Today, this very moment is most important.

My days of feeling better or less than others are fading, for I'm discovering that knowing God is a good enough achievement. The roadmap he has designed for my life does not make my story unique, but it has made me grateful for all that happens and gives me the power to treat all people with love and dignity.
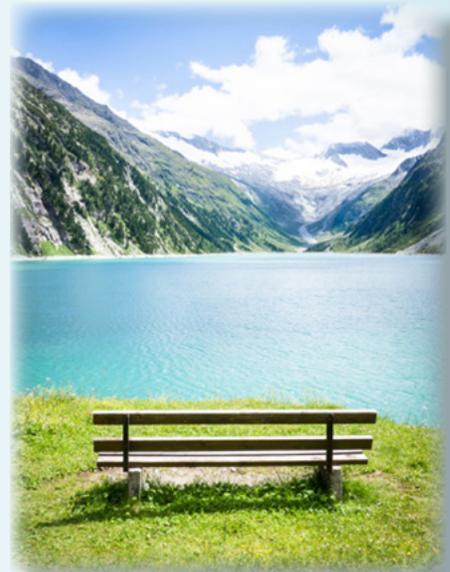
When I first came to program, I did as I had always done—took everyone's inventory. But soon life showed me that it was possible to handle pain without food. All my character defects, I slowly realized, worked for me in one way or another. They are not mistakes. I'm not a mistake.

I truly believe that there are no mistakes. I'm not better than or less than anyone else. I just am and, to me, that's serenity to the nth degree.

I have learned, through this program, how to forgive through acceptance. I have, at times, detached with love when an expectation arises. I'm grateful to be in OA, one day at a time.

— Lifeline, *January 1998*

OA SPOTLIGHT

Lifeline needs your stories! Send us stories for our Newcomers Corner, Living Traditions and Stepping Out features. Email your stories to **info@oa.org** with *"Lifeline"* in the subject line.

Inspiration

I am learning how to live each day instead of planning the future and worrying about pleasing everyone.

— Lifeline, *July 1991*

A Call To Service

Service helps Christina T. from Oakland, California USA, combat her tendency to isolate. "In OA I learned I couldn't fight this disease alone. Not only do I need to attend OA meetings, I also need to be part of the Fellowship."

How will you serve this week?

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