

Lifeline

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Weekly

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

Program of Progress

I have been in OA only a year. Yet, as I look at my life and myself now, I am full of gratitude. Having been diagnosed “morbidly obese,” I felt hopeless. I was approaching 400 pounds (182 kg) and facing escalating medical problems. When I went to the rooms of OA, I knew immediately that everyone there shared the disease of compulsive eating—no matter our size, color or sex. The feelings of not fitting in and being unworthy began to slip away as I learned the Twelve Steps and Twelve Traditions. I fit in and felt comfortable at any OA meeting.

All my life I wanted to be successful. I was an exhausted workaholic as I tried to do everything perfectly, hoping I would be the best mom and employee. When things were not perfect, I turned to food.

I learned through my

sponsor that OA is a program of progress, not perfection, and it is okay to be imperfect. I attribute much of my progress to that simple slogan. I have lost 100 pounds (45 kg)—now that is progress! I plan to stay in the rooms and continue with my program of progress, not perfection. This gives me the tranquility I need to start my day.

— Lifeline, April 2004

Overeaters Anonymous
www.oa.org



Inspiration

I know now that there is no perfection, that I will never be “cured.” But I will have recovery, one day at a time.

— Lifeline,
January 1991

OA SPOTLIGHT

New Virtual Workshop Podcasts are now available online for listening or download. Learn more and get links at oa.org/new-virtual-workshop-podcasts/.

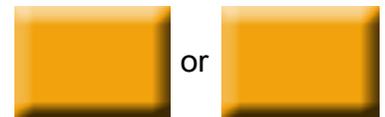
A Call To Service

First-time World Service Business Conference attendees are called “green dots.” One green dot said attending WSBC “has given me knowledge of the big picture.”

How will you serve this week?

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