

CHECK OUT the  
March/April Lifeline  
for "In Memoriam," a  
tribute to Rozanne S.

# Lifeline 2014 Weekly

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## My Message to Grumpy

My day was off to a bad start. I was letting my husband's poor disposition drag me down.

My Higher Power told me to smile anyway. I had no reason to be anything but happy. It was a beautiful, sunny July morning, and I saw goldfinches on a bird-feeder. I thought a few minutes of prayer might help me work through the feelings.

Earlier that morning I had cried with hurt pride and self-pity. I humbly asked Higher Power to remove those feelings, and I felt he was doing so. Like digging out a splinter with a needle, the process sometimes hurts. Afterwards, I felt guided to hug my husband and say, "I hope you feel better." He accepted that.

I was upset because I try to be kind to my husband. I hug him, smile and show enthusiasm. Each time, he speaks in a rejecting tone with a sad face. He is hard to be around. I surrender it to God's help and pray for willingness to reach out for

solutions and act on them.

I called a new OA member I had spoken with only once before. This time her machine answered: "This is Karen and Grumpy." I don't remember the rest of the message. I began to laugh! I no longer felt alone.

My husband came in and asked me what I was laughing at. I didn't tell him. My mood felt great, and guess what? He began to lighten up as well. God does move in mysterious ways!

— Lifeline, December 2008

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



## Inspiration

I learned that a bad day of abstinence is better than a day spent bingeing, out of control, insane.

— Lifeline,  
January 1995

## OA SPOTLIGHT

In memory of OA's founder, Rozanne S., the WSO is offering three commemorative items.

Visit [oa.org/rozanne-s-shares-oas-history/](http://oa.org/rozanne-s-shares-oas-history/).

## A Call To Service

Anonymous says, "Service at WSBC has strengthened my recovery in more ways than I ever dreamed. The best way I can think to describe it is 'synergy.' There is a power in being with so many abstinent people in recovery, whose primary focus is doing what is best for OA as a whole."

*How will you serve this week?*

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