

COMING UP in the
May Lifeline, stories
of life-changing
OA literature

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Weekly

Secret Formula

When I came into OA four years ago, I wanted what you people had—but not at the expense of giving up what I had.

I had a secret formula for keeping my weight down while eating uncontrollably. I discovered my “diet trick” when I was 15 and forcing myself to vomit after bingeing soon became a ritual. At first, vomiting helped me lose weight, but it backfired. I started to eat twice my normal amount, then three or four times as much. Losing weight was no longer the issue; I was lucky to maintain. Everything was food from morning to night. I lived to eat.

My life between age 15 and 21 is a blur. I married, had a baby and started my career. But I don't remember consciously choosing anything.

I came into this program desperate, lonely, and afraid of myself and of the terrible thing inside me. How could I do this to myself over and over again? I turned away from people for fear

they would find out. I became resentful and jealous of their successes then blamed myself even more.

Finally, I let go. I decided to take the Steps, walk with God and let a sponsor guide me to work the program as it is written.

Miracles have happened. I stopped overeating and started living. For 15 months I have abstained from both compulsions one day at a time.

— Lifeline, December 1981

Overeaters Anonymous
www.aa.org



Inspiration

I am so glad to be able to let go the hostility that was leading me to a binge and self-destruction.

— Lifeline,
April 1981

OA SPOTLIGHT

New!

Strong Abstinence Checklist. Use this valuable tool every day to help keep your abstinence strong and intact.

Visit oa.org/new-strong-abstinence-checklist/.

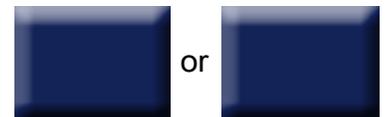
A Call To Service

Anonymous learned many things while serving at WSBC. “I learned new things from others with strong programs of recovery . . . It gave me extra opportunities to work the Steps and practice these principles in all my affairs.”

How will you serve this week?

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