

Lifeline

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Weekly

COMING UP in the
May issue of Lifeline,
"What does anonymity
mean in OA?"

River of Rage

Anger is leaking out of my pores. The grass is knee-high, and cutting it is not my job. My husband has been out of work for three months. My business has been slow, and I'm not having much success finding new clients. What will become of us?

A ball of hot words forms in my throat. My head throbs, and my chest feels like it might explode if I don't attack someone. I want to beat my family with my words. I can't feel like this. It hurts too much.

Shall I lash out at my husband? At my son? There's always the creamy escape of some sweet comfort food.

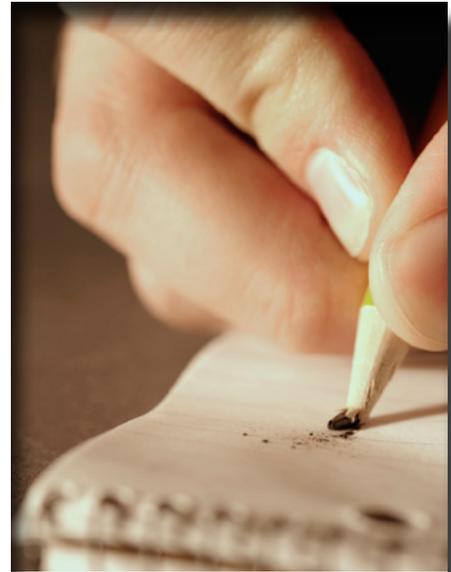
Thank God for program. I grab my notebook and pen as I retreat to a quiet corner. I gouge jagged black letters two lines high deep into the cheap paper. I write one page of heavy, slanted words and then another page of bigger, heavier words. I gouge away as the rage spills out in rivers,

roads and endless telephone wires of black ink. All the heat, the self-righteous indignation, the desire to attack, the turns away from life and into sweets pour onto the paper. Life should be the way I want it!

Ten pages later, I lay down my pen, spent. I close my journal. The ink, the pages, the words are cool and lifeless. I breathe a sigh of relief and smile.

— Lifeline, May 2004

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Inspiration

Yes, all I had to do was change my whole life. And thank God for that!

— Lifeline,
October 1991

A Call To Service

N.R. from Beverly, Massachusetts USA, says, "Service and continuous abstinence opened me up and expanded my universe faster than anything I had ever experienced in my life."

How will you serve this week?

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