

Lifeline

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Weekly

COMING UP in the
April Lifeline,
working the Steps
and keeping it simple.

Taming the Tiger

Over the years I've identified "alcoholic" foods that make me crazy and crave more. I don't eat them. My food plan is designed for weight maintenance, and when my weight slips to the higher part of the range, I need to move my body more. It's that simple. It's good food, and it has worked for many years.

Last week I had to drink 32 ounces (946 ml) of a high-sugar beverage for medical reasons, and the tiger has been pacing in the cage ever since. I want some stuff on that alcoholic food list! My old thinking presents perfect logic on why I should have these foods. But after almost sixteen years in this Fellowship, I know old thinking turns so-called logical reasoning into what it really is: insane behavior.

As long as I keep doing what I'm doing, I'll be okay. The cravings are temporary. When they come with their excruciating insistence, I don't rush to the pantry. I journal, pray, and make phone calls. I thank my head

for sharing, and the momentary craving that makes me feel I'll die if I don't give in passes.

I only get one day: today; and the argument to abstain outweighs the momentary craving. When I'm lonely, I'll call; tired, I'll sleep; angry, I'll talk to my sponsor; and hungry, I'll know, if it's not mealtime, it's not real hunger. My food plan gives me what I need.

— Lifeline, March 2010



Inspiration

I've learned that I'm powerless over food, but I'm powerful when I do God's will.

— Lifeline,
April 1992



A Call To Service

B.S. from Elm, New Jersey USA, says, "I returned to intergroup because I realized my program was lacking. I also returned because this is a 'we' program, and I need my OA family to survive."

How will you serve this week?

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