

COMING UP in the
April Lifeline,
guided through recovery
by the Step Principles.

Lifeline 2015 Weekly

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Simply Beautiful

Today I looked out my window and saw a beautiful, large woodpecker. He was charcoal gray and had a bright red head with a white stripe around it. I reached for my binoculars for a better look, and he was gone.

Sometimes I don't appreciate what is in front of me, and I want to make it better and clearer. It is the same with abstinence. I must keep it simple. I must not complicate it by trying to make it perfect or the best abstinence anyone has ever had.

After this realization, I looked out the window without my binoculars and found the woodpecker. Like my abstinence, I enjoyed its simplicity and beauty because it is a gift from God.

Neither do I always understand the simplicity of asking for help from my Higher Power. God has shown me many ways in which I have hit bottom. Each time I swear that it is the last and true bottom. He showed me another way last week when I told him I couldn't stand it any longer, and I was powerless over food, alcohol, drugs, and cigarettes. Suddenly my food became saner, I put away the holiday liquor,

and I stopped taking sleeping pills every night. What a joy to know that he will pick up our burdens and carry them for us. We need only ask. No wonder we feel lighter when we give away these burdens.

When I go through my closet thinking my clothes should fit better now, I'm complicating things, as I did with the woodpecker, by adding the weight loss to my joy in abstinence instead of just enjoying the abstinence in front of me. I must always remember to keep it simple.

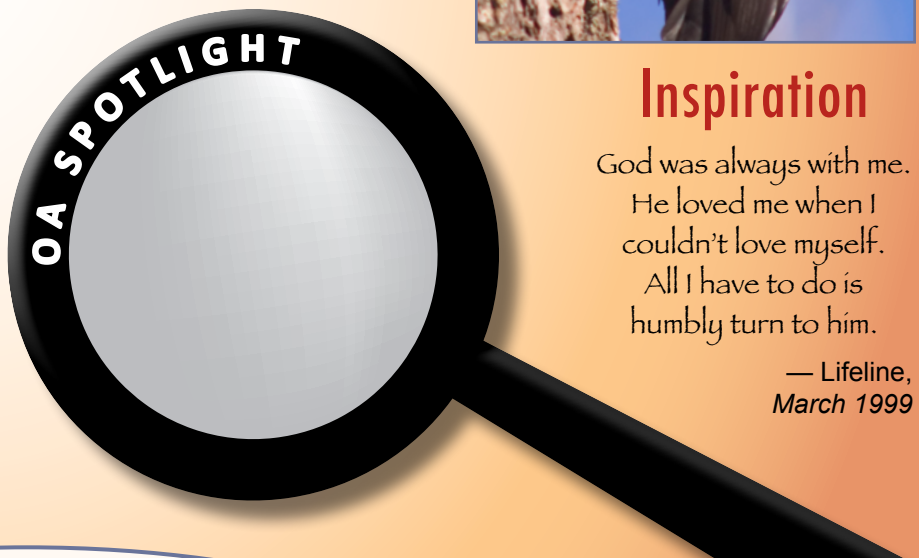
— Lifeline, August 2002



Inspiration

God was always with me.
He loved me when I
couldn't love myself.
All I have to do is
humbly turn to him.

— Lifeline,
March 1999

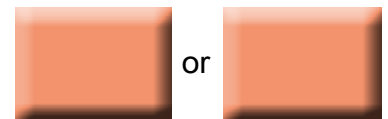


A Call To Service

Anonymous says, "Service doesn't have to be hard. It can be writing an article for *Lifeline* or a region newsletter. It can be volunteering at the intergroup office. We are responsible for carrying the message to other compulsive overeaters. Service helps us do this."

How will you serve this week?

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