

Love Happens

Hearing so many people at meetings share their shame without feeling shameful made me feel safe enough to take an honest look at my own behaviors.

I believed love meant going to any length no matter what to share my view; to resolve, even to interrupt, in order to identify; to make suggestions; and to point out others' past mistakes so they could learn from them, despite some consistent reactions of defensiveness. Talk about repeating my old behaviors expecting different results!

OA has helped me learn that love is “supporting”

others, not “fixing” them. OA has helped me learn how to listen better and to understand that listening can be a way to accept.

OA has helped me learn that honesty leads to trust and trust leads to intimacy. I cannot make intimacy happen, but I can allow it to happen.

— Lifeline, Sept/Oct 2009

Overeaters Anonymous
www.aa.org



Inspiration

I learned early on that service helps me be a part of OA, not apart from OA.

— Lifeline,
June 2007

OA SPOTLIGHT

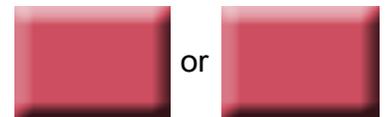
April 29–May 4 is
OA's World Service
Business Conference in
Albuquerque, New Mexico
USA, “Searching and
Fearless: A Fellowship
Inventory.”

A Call To Service

Anonymous says, “Everyone must find his or her own way of helping. Some take phone calls. Others edit the newsletter, pick up chairs or become an intergroup representative. People can help in many ways. The point is to get out of one's self and give a hand.”

How will you serve this week?

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