

Directions

There are many roads the overeater travels, and they are well used. To get to the town of Obesity, one starts at Compulsion Avenue, traveling past Resentment Street to Self-Pity Lane. Turn and continue to Out of Control Boulevard. Stay on this road until you come to Binge Avenue, a short distance. Turn on Binge to Nobody Loves Me Street. At Gluttony Avenue, you have reached the main street of the town of Obesity.

It's a dismal, depressed area. There isn't much excitement and things look run-down. Yet, over a hill, one can see another town in the distance. Even from here it seems to sparkle a bit.

To get there from Obesity, continue on the main street to the first signal at OA Avenue. Turn toward Daily Abstinence Road, an uphill climb that may be rough, but it's worth it. Continue past Many Meetings Lane to Arrested Compulsion Highway.

You must turn here for this is the only way to get there. The

highway is pretty smooth. A few areas may still be rough.

At the end of this highway are directions to places of interest, such as Just For Today Promenade, which seems to be the source of the sparkle. Everything here seems crystal clear. The streets off the Promenade have lovely names: Understanding Place, Identification Way and Compassion Avenue.

It's such a beautiful place that you may not want to ever leave.

— Lifeline, June 1968

Overeaters Anonymous
www.aa.org



Inspiration

A new feeling came over me as I took Step Five: a feeling of freedom. I didn't have to be afraid of criticism anymore.

— Lifeline,
September 1994

OA SPOTLIGHT

Calling all
book reviewers to
apply for a committee
to review the "Twelve and
Twelve." Visit [oa.org/pdfs/
12&12_committee_
application_final.pdf](http://oa.org/pdfs/12&12_committee_application_final.pdf)
and apply by
June 17.

A Call To Service

J.T. from Durham, North Carolina USA, says, "Winners give some sort of service, be it putting away chairs, making coffee, leading meetings, making newcomers feel welcome, sponsoring or serving as secretary, treasurer or literature person."

How will you serve this week?

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