

# Lifeline

2013

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# Weekly

COMING UP in the  
June issue of Lifeline,  
"Understanding My  
Higher Power"

## Uplifting Slogans

OA slogans keep me going throughout the day. "One day at a time," "It is what it is," "KISS (Keep it simple sweetie)," "Abstinence is the most important thing" and "This too shall pass" are samples of the slogans that have aided my recovery.

I lost my home and car to a violent firestorm in October 2003. Now, more than ever, the slogan "One day at a time" holds new meaning. Each day is filled with a daunting task list. I also must remember "Progress not perfection" and simply complete some of the tasks on my list. In addition to the ugly new state of reality, I must remember my need for recovery, abstinence, food, sleep, exercise and balance. It is a difficult job, but "It is what it is," and when the day is done, I must "Let go and let God." I know that in time, "This too shall pass."

These seem like harsh words for a fire victim. Yet I

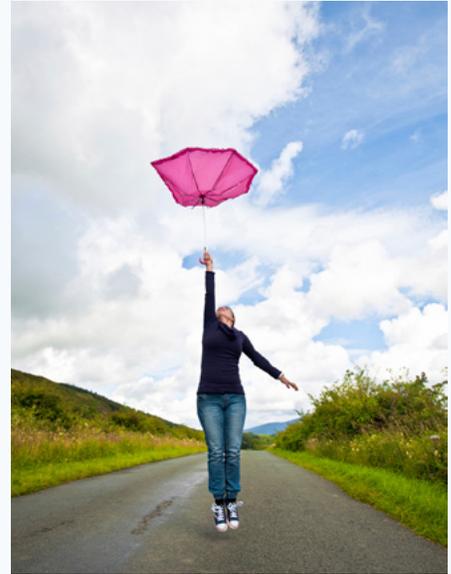
can't imagine how much worse things would be if I did not have a program of recovery to go to! The love and support of the Fellowship aid in my continuing abstinence and remind me that "Easy does it," to "Keep it simple" and to take "One day at a time."

You can force a girl out of her home, but you can't take away her abstinence.

Thank God!

— Lifeline, April 2004

Overeaters Anonymous  
[www.aa.org](http://www.aa.org)



## Inspiration

I thank God, my sponsor, and my OA group. Because of them, my children still have a mom.

— Lifeline,  
January 1991

## OA SPOTLIGHT

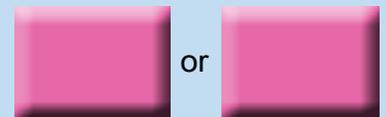
The  
2013 World  
Service Convention  
Early Bird Registration  
deadline is July 2. Visit  
[aa.org/world-service-events/world-service-convention/](http://aa.org/world-service-events/world-service-convention/) for  
information and to  
register.

## A Call To Service

A.U. from Chicago, Illinois USA, says, "Commitment drives service but may also cause members to shy away thinking it will take too much time, although many service jobs take less time than the hours and days lost in the obsession and subsequent hangover of a binge."

*How will you serve this week?*

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