

I Was a Chronic Slipper

Remember me? I was the gal who came very close to uncovering a truth, and whoops, I'd slip and binge. I was the gal who lost nearly all my weight, and whoops, there I'd slip again! Oh, you must remember me. I'd get up at a meeting and tell of my successes and, you guessed it, another binge. I had heard about the "chronic slippers." Was I one of those? Just thinking about it set me off again.

Each slip was worse than the last. We have a progressive illness. I knew only one thing: No matter what happened, I would not leave OA. I had tried that for four years and it didn't do me any good. Through all those years of slipping, sliding and trying anything that came along—even while on the program and with the blessing of a sponsor or two—I just kept falling flat on my face.

What I realize now is that each time I fell down and was picked back up, I grew another notch or two. For me, gut-level

surrender was long in coming but well worth it. It is 20 months since we moved from Southern California, and my gratitude knows no bounds. We have a sound nucleus and a growing OA group here in Phoenix.

At age 41, I know that paradise is wherever I am today and that life has just begun for me. This chronic slipper is today a grateful, committed abstainer. Hang in there.

— Lifeline, October 1972

Overeaters Anonymous
www.aa.org



OA SPOTLIGHT

The WSO Web site provides links to OA Web sites in many other languages. To access these links, visit www.aa.org/languages-other-language-links/

Inspiration

OA has never ceased to be there: proof that we do not do this alone.

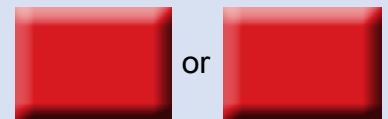
— Lifeline,
June 2007

A Call To Service

Cheryl M. from Atlanta, Georgia USA, says giving service to a newcomer saved her life once. "I turned to grab my purse and run, just as the woman next to me turned and said, 'I'm new; could you answer a few questions for me?' The food stopped calling—instantly!"

How will you serve this week?

Want to read more?
Subscribe to e-Lifeline!



Already a subscriber? Pass
Lifeline Weekly on to OA friends
and encourage them to subscribe!