

CHECK OUT the
June issue of Lifeline
for stories of vital
spiritual experiences

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Weekly

It's a Personal Choice

For several years, I have wrestled with the question of whether alcohol could be a part of my plan of abstinence from compulsive overeating.

I never thought of myself as an alcoholic. I didn't fit my image of an alcoholic; I didn't even like the word. Yes, you could say I abused alcohol, but that occasional abuse seemed like nothing when compared to my daily abuse of food.

Food was always my drug of choice. Destructive relationships came next. Alcohol was not even a close third. So I convinced myself that I could be abstinent and still drink occasionally. I could control it. And, for the most part, I did control it. I cut down substantially on my drinking, reserving it for special occasions.

But even after four years in OA, my abstinence from compulsive overeating never lasted for more than a few months

at a time. While I may have thought I was able to handle alcohol, I knew I wasn't able to handle the after-effects of drinking. I found that when I drink, abstinence from compulsive overeating and from destructive relationships seems much less important.

Can alcohol be a part of my abstinence? I think not. It's not worth the price of my abstinence. Nothing is.

— Lifeline, *January 1990*

Overeaters Anonymous
www.aa.org



Inspiration

I will always remember how nicely my Higher Power arranges things. I don't even have to know what is happening. I just sit back in amazement and enjoy.

— Lifeline,
May 1983

OA SPOTLIGHT

OA's new
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Packet is a great way to
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[bookstore.aa.org/
products/735-Young-
Persons-Kit](http://bookstore.aa.org/products/735-Young-Persons-Kit)

A Call To Service

G. from Auckland, New Zealand, says, "I'm glad I took the plunge and led that meeting for it has been the most wonderful thing that happened to me. I found I could speak to a group of people, and if I had a slip of the tongue, they laughed with me, not at me."

How will you serve this week?

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