

Lifeline

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Weekly

COMING UP in the
July Lifeline,
experience, strength
and hope in OA

Phone Relief

How do I spell relief?
T-E-L-E-P-H-O-N-E!

The telephone is the tool I use to confess that I just volume-ate in the last meal. Then, through sharing my “mistake” I do not have to burden myself with feelings of guilt. We grow through these events in our lives. We wash ourselves clean when we tell each other our faults and mistakes, and it clears away guilty feelings. We can share feelings of resentment on the phone, and we get instant relief. If I do not use the telephone every day, then the negative thoughts seem to control my mind and my actions.

I consider the telephone one of my most important tools for giving service. There is power in agreement and talking and praying on the phone. We can relate to each other through our pain and suffering and sacrifice. We can share with each other what works for us

and bring new ideas to our recovery. We can pick up on each other’s power, making us more willing to take an action. I realize that I did not create my life or body alone, but I can redeem it by sharing and growing.

Years ago, I redeemed S & H Green Stamps for a premium gift. Now, I redeem my feelings daily on the phone in order to get the crown of abstinence.

— Lifeline, March 1995

Overeaters Anonymous
www.oa.org



Inspiration

I had found the spiritual answers in my beloved OA program. All I had to do was work and live them.

— Lifeline,
March 1996

OA SPOTLIGHT

Get
the updated
Suggested Step-
Study Meeting Format
with an approach for
working through the Twelve
Steps in six sessions. Free
download at [oa.org/
pdfs/stepstudy_
format.pdf](http://oa.org/pdfs/stepstudy_format.pdf).

A Call To Service

A.I. from St. Thomas, Ontario, Canada, says, “I studied that [OA Handbook for Members, Groups and Service Bodies] and realized that my recovery doesn’t hinge only on how I alone am doing. It’s not a ‘me’ program; it’s a ‘we’ program.”

How will you serve this week?

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