

CHECK OUT the
July issue of Lifeline
for stories of experience,
strength and hope in OA

Lifeline

2013

Vol. 4, No. 26 July 1-7

Weekly

The Power of HP

One evening as I read Steps Six and Seven in the "Twelve and Twelve," I finally understood that we ask God to remove our defects because God is the only one who can perform such a feat. And I also learned that God's power is without limits.

When I found OA, I was emotionally ill and spiritually dead. The only god in my conscious life was food. I wasn't capable of doing anything for myself.

I discovered my Higher Power, who opened my mind so I could learn from others. My attitude did an about-face, and I viewed life through a different pair of eyes.

Many of my shortcomings were removed. My panic attacks were lifted. I stopped blaming others for the way I was and took responsibility for myself. My dependence on therapists and others to solve my problems ceased. My time-consuming fantasies ended, and I became willing to read program material instead. I shared my feelings at

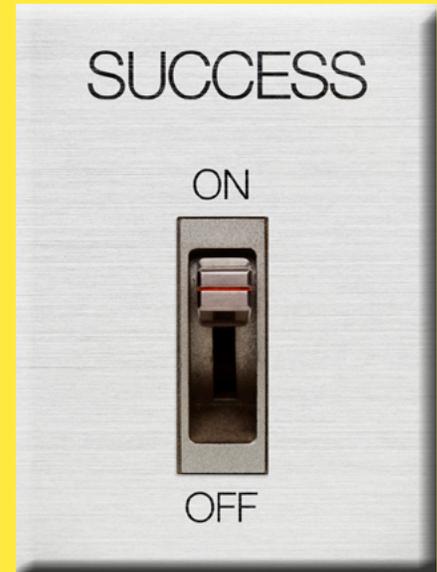
meetings and elsewhere, where—as before I had found it difficult to talk to others. I received the willingness to pray.

Before OA, I never did anything to help myself, yet here I was, putting effort into my recovery. Instead of sleeping the day away, I was up and living.

And when my human imperfections make themselves known, I simply remember I am not a saint: I need only be willing to grow along spiritual lines.

— Lifeline, January 1988

Overeaters Anonymous
www.oa.org



Inspiration

The Higher Power that I have found in OA—the power that changed my life—was the power of one overeater helping another.

— Lifeline,
June 1994

OA SPOTLIGHT

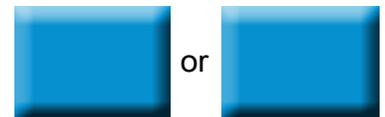
OA has launched a French Web site. The site, francais.oa.org, features much of the same content as OA's English site.

A Call To Service

D.P. from Louisville, Kentucky USA, says, "We steal when we don't offer service to the Fellowship . . . Some service positions are not public or glamorous, but all are the important. Giving service is an investment in our own recovery—we receive more in return."

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!