

Lifeline

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Weekly

COMING UP in the
August Lifeline,
stories of longtime
OA members

A New Life

I couldn't believe it when I found I was carrying a new life. What do I do about food? How do I feel about the changes that will happen to my body and me? Then I recalled that HP doesn't give me more than I can handle.

I spent three and a half months trying to overcome the sick feeling in my stomach. This was extra tough because it reminded me of my bulimia, but I accepted it as God's will just for today. As my stomach started to settle down, hunger came back in full force, and I reexamined my abstinence with God and my sponsor. It was hard to accept changes in my abstinence, especially now that I needed extra food to keep the baby and me healthy. I didn't start eating for two, but I ate what was necessary for each day according to dietary guidelines for pregnant women.

Because I didn't show, a lot of my home-group members didn't realize I was pregnant. But for the sake of my recovery, I

shared why I hadn't been able to attend meetings regularly. I was overwhelmed with the outpouring of love and acceptance for the baby and me.

Now as the time draws closer to the due date, I thank God for my continued abstinence. I thank all those friends for their support and unconditional love. I want to share this experience, which has taught me that I can continue on my journey, abstinent and serene, one day at a time.

— Lifeline, July 1994

Overeaters Anonymous
www.oa.org



Inspiration

Rude comments don't devastate me like they used to, and I am beginning to believe I am worth all the wonderful things that happen to me.

— Lifeline,
November 2008

OA SPOTLIGHT

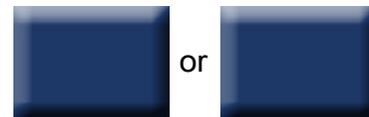
Abstinence, Second Edition is now on sale, expanded and updated with 50 percent new stories! Available from your favorite e-reader store or bookstore.
oa.org.

A Call To Service

E.N. from Manchester, United Kingdom, says, "Step Twelve gave me the freedom to live by God's will and to be willing to serve others. My life is enriched as a result."

How will you serve this week?

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