

# Lifeline

2013

Vol. 4, No. 30 July 29–Aug 4

# Weekly

COMING UP in the August Lifeline, why do longtimers keep coming back?

## Interest in Our Fellows

When I started in OA eight years ago, it took me a while to feel I was part of the group. I would go to meetings, listen, share and leave. This was not enough, as evidenced by the lonely feeling I had after the meetings ended. I began to wonder if OA was for me.

Then I heard a woman share how doing service helped her feel included. She shared that isolation had been a big part of her life and that even in a group setting she could isolate. I thought if doing service helped her, why wouldn't it work for me? The following month, I volunteered to lead a meeting and became hooked. That one bit of service was the beginning of a long line of opportunities for me to be part of the OA Fellowship.

As I've matured in recovery, I've realized that service is no longer an option. I must get out of myself by doing service, not only for my sake but also for the sake of the OA program, newcomers and my fellows. It

reminds me of the promise, "We will lose interest in selfish things and gain interest in our fellows." Doing service builds up the strength of my program. I feel rejuvenated, not exhausted. I feel good about giving instead of taking. I used to feel resentful if someone asked me to do something for him or her; now I see it as a privilege.

Where would I be without the OA program? I don't even want to think about it!

— Lifeline, March/April 2007

Overeaters Anonymous  
[www.aa.org](http://www.aa.org)



OA SPOTLIGHT

August 6 is the last day to preregister for the 2013 World Service Convention. Visit [aa.org/world-service-events/world-service-convention/](http://aa.org/world-service-events/world-service-convention/) for information and to register.

## Inspiration

Today I can choose recovery because recovery rocks!

— Lifeline, July 2008

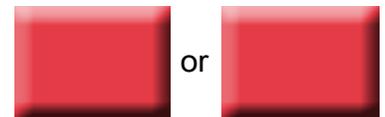
## A Call To Service

C.M. from Rochester, New York USA, says, "OA taught me that I can contribute to the Fellowship in many ways and do it well. I'm not perfect, but perfection isn't asked of me in OA. Being myself and giving of myself is."

*How will you serve this week?*

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