

CHECK OUT the
August Lifeline for
more stories from
longtime OA members

Lifeline

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WEEKLY

Longtime Joy

Why do I keep coming back after 17 years of abstinence? There are so many reasons I continue to go to meetings and to use all the tools, Steps and Traditions. Just as the disease is physical, emotional and spiritual, so are the reasons for continuing to live the program to the best of my ability.

Physical: Without daily commitment I would not remain abstinent. It's as simple as that. I cannot do it alone!

Emotional: This is the one place where I can be myself with all my defects, and nobody puts me down; where I can talk without being interrupted or critiqued. No one in OA tells me I shouldn't feel the feelings I'm feeling. Instead, I usually see heads nodding that they sometimes feel that way, too. Again, I realize I'm not alone. I'm accepted and acceptable, even with all my defects, obsessions and childishness.

Spiritual: This is the program that has led me to find my

Higher Power. I see the Promises coming true both in myself and, joyfully, within others.

Why do I keep coming back? How could I leave when it is where I find joy, fellowship, usefulness, purpose, peace and love? Without OA I was 100 pounds (45 kg) overweight and miserable. I hated myself, the world and even God. OA and my Higher Power gave me my life. When I want to give that up, I'll quit coming back.

— Lifeline, September 1998

Overeaters Anonymous
www.oa.org



Inspiration

I can make it through today one moment at a time. And today is all I will ever have to deal with.

— Lifeline,
July 1994

OA SPOTLIGHT

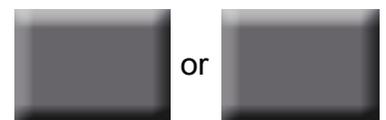
The 2013
World Service
Business Conference
Final Conference Report
is now available for
download at <http://tinyurl.com/2013WSBCReport>

A Call To Service

Anonymous says, "Going to meetings is a great service that keeps meetings going, gives hope to newcomers that this program works and gets me to hear what my Higher Power intends me to hear."

How will you serve this week?

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