

COMING UP in the
November Lifeline,
"Working the Program"

Lifeline

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Weekly

Changes You Can't See

My desire to see concrete results, and to see them now, fosters a certain resistance to working the program on all three levels. My weight loss was visible, so I abstained; but many of the program's benefits are not that obvious. These include serenity, self-worth, love, humility, spirituality and countless others.

No one gives us a special pin when we begin to work the Steps. No one publishes a notice in the newspaper when we refrain from having a temper tantrum. No one congratulates us when we stave off an emotional binge.

We feel the changes in ourselves and know they are far more valuable than the drop in weight. Sometimes we wish they were more apparent to people outside the program who judge our progress by our physical appearance.

But there's so much more! I work the Steps and live this program because I know what

my life is like without it. I want it more than anything. I work for it because I know at gut level that returning to my old way of life would be slow death.

Emotion and spirituality are intangible. I must be willing to feel the countless benefits I've reaped from OA in addition to my weight loss—qualities perhaps not communicable to others, much less visible. But I know they're there.

— Lifeline, May 1980

Overeaters Anonymous
www.aa.org



Inspiration

My Higher Power can never be thanked enough for sending me to OA.

— Lifeline,
March/April 1977

OA SPOTLIGHT

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A Call To Service

C.P. from Durham, North Carolina USA, serves by being an OA speaker. C.P. spoke in front of an OA group on the anniversary of the first OA meeting C.P. ever attended in 1978.

How will you serve this week?

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