

CHECK OUT the  
January Lifeline  
for "How OA  
Changed My Life"

# Lifeline Weekly

2014  
Vol. 5, No. 1 Jan. 6-12

## Powerful in Faith

For me, the First Step should read, "I am powerless over myself."

I said, "I want to lose weight," and I kept eating. I said, "I want to get back in shape," and I didn't exercise. I said, "I want my health," and I pursued unhealthy habits. I said, "I want to leave my job," but I wouldn't look for a new job or change my situation in the old one. I said, "I want to write," but I didn't write.

I said I wanted to change. I felt I wanted to change. I believed I wanted to change. Yet I didn't change. I said I didn't know where to start. I began to despair.

And I began to despise myself for not being able to make myself do what I wanted. No change began as long as I said, "I will . . . I want . . . I have to . . ." Change began when I asked, "How? What?"

I am powerless over the eating compulsion. But though my compulsion is strong in the dark, I have the power to turn on the light. I can open the windows and doors, and I can feel the feelings. I am free, and it makes no difference that I didn't vanquish my disease with a battle of will. Free is free.

— Lifeline, January 1997

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



## Inspiration

My isolation brought me nothing; my OA recovery brought me everything.

— Lifeline,  
January 2006

OA SPOTLIGHT

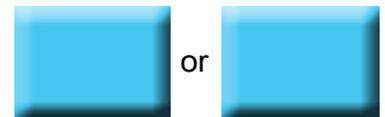
The first quarter 2014 issue of OA's free quarterly newsletter, *A Step Ahead*, is now available for download at [www.aa.org/membersgroups/a-step-ahead-newsletter/](http://www.aa.org/membersgroups/a-step-ahead-newsletter/).

## A Call To Service

C.M. from Rochester, New York USA, says, "At my very first meeting, I did service. I helped put the literature away."

*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!