

COMING UP in the
November Lifeline,
"How Do You Work
Your Program?"

Lifeline

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Weekly

From Fear to Freedom

This program operates on faith. The First Step is a step into faith that the process is going to work and that by letting go of our own will we will not be led to another dead end. Each of the following Steps has its degree of faith and the need to believe in the group and process.

When I falter in my program, I have to remember that the opposite of faith is fear. If I take an honest look at myself, I quickly see I'm operating out of fear instead of faith. I need to keep in mind that FEAR is the acronym for Forget Everything And Run. This is how I lived before program. If things got difficult, I physically or emotionally left the person, the situation or the state. I used food, drugs or anger (righteous, of course).

The program offers another acronym for FEAR: Face

Everything And Recover. Without the principle of faith, I cannot possibly surrender my will, let go of my fear and recover from the deadly disease of compulsive eating.

It takes faith to trust in a Higher Power and other OA members to support us as we walk a new path to freedom unlike any we dreamed of having.

— Lifeline, May 2008

Overeaters Anonymous
www.oa.org



Inspiration

I know recovery does not include a magic wand, but if it did, it would be service.

— Lifeline,
December 2008

OA SPOTLIGHT

View the 2013 OA
Fellowship Inventory
at [oa.org/pdfs/
Fellowship
Inventory2013.pdf](http://oa.org/pdfs/FellowshipInventory2013.pdf)

A Call To Service

Anonymous says, "I attend a meeting most days. I seldom want to expend the energy it takes to drive an hour, but whether I chair the meeting, set up chairs, make coffee or just sit still and be present, I am glad I went."

How will you serve this week?

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